



# CAPStone

Quarterly Newsletter of the Colorado Association of Psychotherapists

*“dedicated professionals united in excellence”*

## Why CAPStone?

The Encarta World English Dictionary defines capstone as: 1. a building top stone, a stone used at the top of a wall or another structure; 2. a high point, something considered the highest achievement or most important action in a series of actions.

We believe the name reflects our professional organization which is on top of the activities that affect the rights of unlicensed psychotherapists to practice in Colorado.

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### IMPORTANT REMINDER:

**If you are a practicing unlicensed psychotherapist, you must be registered with the Department of Regulatory Agencies (D.O.R.A.) in order to be in compliance with the statutes that regulate our profession. Be sure you and your colleagues are registered!**

## Zoilita Grant Elected New CAP President

by Renee L. Stark, CCHt, CAPStone Editor

The board members of the Colorado Association of Psychotherapists unanimously elected Zoilita Grant, MS, CCHt as the new president of the organization at a board meeting earlier this year. She assumed her responsibilities in June. I recently talked with Zoilita about her new role and her vision for CAP's future.

*R: How long have you been involved with CAP and in what roles?*

*Z: I have been involved with CAP since 1992. I have been on the board several times and held many different jobs over the years. I took a break between 2000 and 2003 when I returned to handle membership duties and just became president in June of 2004.*

*R: What other organizations are you involved in that complement your role with CAP?*

*Z: I am a member of the American Counseling Association and Vice President of the American Council of Hypnotist Examiners. I am also owner/director of the Colorado School of Counseling Hypnotherapy.*

*R: What are your main goals for the organization as the new President?*

*Z: Member benefits and development. The strength of membership and support of diversity in psychotherapists is a high priority in the coming months.*

*R: What past experience or training is most applicable to your goals for CAP?*

*Z: I have had a successful private practice for almost 30 years in three states and two countries. I was a YMCA Director for two years and Director of a two county Drug and Alcohol Program for three years. I believe my diverse experience in these areas will greatly contribute to my role with CAP.*



*New CAP President Zoilita Grant leads the Board of Directors meeting in June.*

*R: How do you see CAP evolving during your term as president?*

*Z: I see the organization developing member support groups, such as CAPStone, and many areas of the state being linked by common ethics and supporting diversity in the field. I see us developing healthcare insurance for self-employed psychotherapists and meeting other needs of our members.*

*R: Tell me about Zoilita – what would you like the CAP members to know about you?*

*Z: I have spent my life learning how to be a strong, healthy, empowered adult woman. I live exactly how I teach others. I am committed to my family and to helping the world be a better place. I am very strong but not controlling. I genuinely care about people and their lives.*



## Message from the President



Zolita Grant, CAP President

Since its beginning in 1991, the Colorado Association of Psychotherapists (CAP) has been focused on maintaining the rights of unlicensed psychotherapists to practice and the rights of the public to choose the type of mental health services they want. With the passage of the latest mental health bill, these rights are in place for the next seven years, which gives us the opportunity to put our attention, as an organization, on the needs of the members, your needs.

Recently CAP has sponsored the development of CAPStone groups, which are intended to offer education, support, and networking opportunities. These groups meet on the fourth Thursday of the month, currently alternating between Aurora and Boulder. Pam Mills, CHt., 303-343-0361, is coordinating the Aurora group, and John P. Engel, MA., 303-444-4478, is coordinating the Boulder group. Our goal is to form two more groups by this fall – one in Ft. Collins and one in the Lakewood/Littleton/Highland Ranch area. If you are interested in being a coordinator for one of the new areas, please contact me directly at 303-776-6103 or info@selfhealing.com.

The purpose of these groups is to connect our membership through our ethics and to support our diversity. As we move into the 21<sup>st</sup> century, an age focused on information and communication, the profession of

psychotherapy is likely to match the diversity of the individuals that we seek to help. But even in our diversity, we can have common connections. Since psychotherapy can be an isolating profession, we all need avenues of encouragement and support.

Insurance is always an issue in our profession and I definitely recommend that everyone working with clients has malpractice insurance. The American Professional Agency, Inc. (1-800-421-6694) offers effective and reasonably priced insurance for hypnotherapists and mental health counselors. I would also like for CAP to eventually sponsor health care insurance for self employed psychotherapists. We are in the process of investigating this issue and will keep you informed.

**CAP – it's all about you, the members!**

I am very excited about being the new president of CAP. I have been involved with the organization since 1992. I feel that we are now in a place where we

can develop valuable member benefits and your input and comments are important as we move in this direction. I encourage everyone to participate in the member survey that is scheduled to go out in September, and to attend our annual meeting on November 11, 2004 in Aurora.

Zolita Grant MS, CCHt  
President



### Who Joins CAP?

You should be a member of CAP if:

- You are registered in the DORA database as an unlicensed psychotherapist.
- You accept payment to help individuals, couples, or families go through any kind of personal change, even in you don't call yourself a psychotherapist.
- You are a student working toward a degree in mental health.
- You are a concerned citizen who wants to protect your right to choose the psychotherapeutic approach that suits you best.

### CAP Membership - Annual Dues

**Sponsoring Member: \$150**

*For generous individuals who wish to demonstrate their special support of the organization.*

**Professional Member: \$90**

*For all psychotherapists who are currently practicing or plan to practice during the membership year.*

**Friends of CAP: \$50**

*For supportive members of the general public.*

**Student Member: \$35**

*For students members.*

**Upgrade from Student to Professional: \$55**

*Renewal is one year from date of joining/renewing.*

# Legislative Update

by Greg McHugh, CHt, CAP Legislative Chairman

The governor has signed into law HB 1251. This is a major victory for the collaborative efforts of the Sunset Mental Health Coalition. CAP's lobbyist and board, and the lobbyists, staff and boards of the other practitioner groups (including social workers, psychologists, marriage and family therapists, professional counselors, addiction counselors, school psychologists), all worked diligently for two years to bring about success with this legislation. While some positions and efforts of the coalition were not adopted in the new law regarding the practice of psychotherapy, most of the major initiatives were successful.

Following are the major provisions of the legislation:

- Continues the boards of psychologist examiners, social work examiners, marriage and family therapists, and licensed professional counselor examiners, the state grievance board, and the Department of Regulatory Agency's licensing and disciplinary functions relating to the addiction counselors programs until 2011. *(The coalition had lobbied to bring about a licensing and governing board for the addiction counselors, but these efforts died*
- *in the first regular hearing on the bill on a party line vote, 6-5.)*
- The bill repeals the requirement that candidates for listing in the database of unlicensed psychotherapists and certified addiction counselor candidates attend a jurisprudence workshop and instead requires the candidates to pass a written, mail-in examination. *(This will eliminate the current workshop format and Internet format for jurisprudence courses and exam.*
- The bill changes the current uniform fee structure for unlicensed and licensed practitioners to an individual fee system to be set by each board. *(The coalition opposed this change as it may place an undue and disproportionate weight upon the smallest group - the licensed marriage and family therapists.)*
- Increases the length of time that sexual contact with a client is prohibited after the professional relationship has ended from six months to two years.
- Changes the grounds for discipline from "addicted to or dependent on alcohol or any habit-forming drug" to "habitual or excessive use or abuse of alcohol or drugs."
- Attaches title protection for "social worker" to the attainment of a bachelor's of social work or higher. Requires that social workers who practice psychotherapy in hospitals provide their clients with certain disclosures.

## SB24 Clarifies Consultant Immunity and Deferred Judgment

Senate Bill 24 applies the same standard across all actions regarding deferred judgment or settlement for all occupational boards. The following language is inserted in each statute regarding complaints against any person among the various occupations regulated by the Department of Regulatory Agencies (DORA), including the Mental Health Grievance Board.

The new language states: "when a complaint or an investigation discloses an instance of misconduct that, in the opinion of the board, warrants formal action, the complaint shall not be resolved by a deferred settlement, action, judgment, or prosecution."

The bill also adds the governmental immunity in any civil action "to board members (DORA), professional review committees, staff, or any person acting as a witness or consultant to the board or committee or any witness testifying in a proceeding" under the psychotherapy statute.

Requires that social workers who practice psychotherapy in hospitals provide their clients with certain disclosures.

- Exempts all mental health professionals from providing disclosures to clients in a hospital.
- Exempts licensed addiction counselors from being compelled to testify in court without the consent of the client.
- Requires that all meetings of the Mental Health Grievance Board and the various licensing boards be open (with certain exceptions). This will mean that the proceedings shall be open for all and the public will be able to observe the deliberations process on grievances.
- Makes exception for the article requirements that it shall NOT apply to a "professional coach who has had coach-specific training and who serve clients exclusively as a coach".



## Test of Coaches Exemption May Prove Difficult

Commentary by Greg McHugh, CHt

When coaches sought the exemption to be added to the Mental Health Bill HB 1251 before the bill was introduced, there was great animosity from the practitioners' groups towards the group representing the coaches as they had not sought to address the exemption to the Sunset Coalition of providers until November of 2003. There was

extensive deliberation on whether or not coaches were practicing psychotherapy. Due to the politics of the situation and the concern that the coalition had enough issues to contend with without distracting the legislators with opposition to the coaches exemption, the Sunset Coalition decided not to act on the proposed exemption.

The language in the new revised psychotherapy law as signed  
*(Continued on page 5)*

## Children's Past Lives: How Past Life Memories Affect Your Child by Carol Bowman

A book review by Pamela Welch, MA, CCHt



**C**hildren's Past Lives by Carol Bowman is a book that every parent, hypnotherapist, and family or child therapist needs to read. The personal accounts in the book will make you weep with joy and feel humbled by the extraordinary power of children's wisdom. It gives you a profound glimpse into the souls of these beings in little bodies, renewing your faith in the journey that all humans make as embodied spirits.

Make no mistake, this is not a "Twilight Zone episode" recounting of past lives. It is a well-documented and researched study. Largely, the parents reporting on the past life experiences of their children did not believe in reincarnation and in many cases even found it contrary to their own religious beliefs. However, as they opened their hearts to the factual and emotionally moving experiences of their children, the parents grew to have a different understanding.

Bowman begins by telling the story of how past life information emerged for both of her own children and the subsequent journey of inquiry and research it led her to. She then gives numerous examples of past lives of children including the scientifically documented case studies of Dr. Ian Stevenson, once head of the department of psychiatry at the University of Virginia School of Medicine. She goes on to describe the many different ways past life phenomena can express itself in children and its relationship to childhood characteristics, quirks, patterns, phobias and physical ailments. For example, a child who died of drowning may fear water or resist being bathed. Bowman's own son had a case of incurable psoriasis on the wrist, which continued until he remembered being shot in this part of his body during the civil war. In some cases,

birthmarks occur right at the site of mortal wounds that the child received in another life.

Although *Children's Past Lives* contains more than enough documented proof to convince even the most die hard skeptic of the possibility of reincarnation; this is not Bowman's emphasis. Rather, she demonstrates the opportunity these experiences provide for healing and soul growth in our children. To assist parents and therapists with this, she includes practical guidelines on how to help a child when and if past life information emerges. She gives useful tips on how to provide supportive communication to the child when they are in the "trance" of the experience, ways to distinguish past life information from fantasy, how to identify the patterns associated with the past life that relate to the child's current experience, and ways to help the child resolve unfinished issues from another life.

*Children's Past Lives* is an uplifting book that will tug at your heartstrings and enable you to see children through new eyes. It is the handbook to reach for when your child says, "My other mommy use to do that too, before I died!"

**Pamela Welch, MA**, is a Certified Counseling Clinical Hypnotherapist and author of *The Energy Body Connection (Cuerpo Mente Y Espiritu.)* She has a Master's Degree in Humanistic Psychology and training in numerous transpersonal approaches and body-mind healing modalities. For information about her psychotherapy, hypnotherapy, or past life regression therapy, contact Pamela at (303) 988-0499.



## Removing Energy Blocks

by Anne Salisbury, PhD, MBA, CCHt

**T**hose of us living in Colorado can be constantly drawn to the external beauty of these mountains. It is also rewarding to go inside and notice our internal environment, which is unique to each of us. Since our inner well being affects our external experience, it is good to go inside and see if there are any energy blocks holding us back.

The energy system pumps energy through our body just like the physical system pumps blood. When blood does not get to a limb it eventually dies. When energy is blocked it can cause you to feel tired, emotionally drained and physically weak.

A block in your energy can affect you physically. Have you ever noticed how you seem to get sick more easily when you are stressed out? Spiritual, mental and emotional stress can eventually reach your physical body if you do not clear it out at

those subtler levels. Our energy system is subtler than our physical system. We can go in and remove energy blocks through hypnotherapy, clairvoyant reading and energy work. The process can be easy and interesting.

So we can wait to get sick before we do anything. Or we can get our energy flowing as preventative medicine. It is always our choice. It can be easy to remove these blocks. Just ask a fellow CAP member today!

To learn more, contact Anne Salisbury, PhD, MBA, CCHt and Greg Meyerhoff, CCHt, directors of the Transpersonal Hypnotherapy Institute® and Intuitive Advantage®: 800-366-9417, [www.TranspersonalHypnotherapy.com](http://www.TranspersonalHypnotherapy.com) and [www.IntuitiveAdvantage.com](http://www.IntuitiveAdvantage.com).



## Stress Proof Your Life.....

### Tips to Find Peace of Mind



Stress is one of the most prevalent conditions of modern life. It affects us in many ways and is an underlying contributor to most serious illnesses.

Americans right now are plagued by obesity, anxiety, insomnia and depression. Stress plays a part in all of these conditions. We face stress in the work place, on the highways, and at home. It impacts all areas of life.

Stress is a very subjective experience. What completely stresses one individual can be a motivator for another. We have a tremendous capacity to impact stress by how we deal with it. This workshop is filled with easy and practical tips to help you deal with stress and to diminish its impact on your life. We can either change our experience, or we can change our experience of that experience.



1. Become proactive...learn to take charge of your life. Make your decisions and choices based on goals and values rather than moods and circumstances.
2. Use your breath...conscious deep breathing can help you unwind and bring down your stress levels.
3. Cultivate the ability to relax...learn to take three-minute vacations several times a day. Learn to deeply relax at least once a day.
4. Positive self talk and affirmations help you to feel less stress and to take charge of your emotional reactions.
5. Develop a personal self-care program and stick to it.

Your ability to effectively manage your personal stress is a key factor in developing and keeping peace of mind.

## Coaches Exemption

*(Continued from page 3)*

by the governor seems bound to create conflict in interpretation if there are any cases where a client brings a grievance to any of the mental health boards (Grievance or licensing boards). At the last Mental Health Grievance Board meeting in April, staff of the Department of Regulatory Agency commented that they thought that the language did not exempt the coaches from the definition of psychotherapy.

The Mental Health Grievance Board will be holding a meeting soon with the licensing boards to discuss this issue and the chair of the Mental Health Board suggested they may want to issue rules on the matter to give clearer guidance to practitioners to assist them on how they can practice "coaching" outside of the jurisdiction of the psychotherapy statute. The chair commented that there is precedent for the issuing of such rules in the rules for exemption as a minister.

The exemption to the requirements of the psychotherapy law applies to "a professional coach who has had coach-specific training and who serves clients exclusively as a coach".

Among the issues raised about the exemption language are the following:

- "Coach-specific training" is not defined in the exemption.
- Does "who serves clients exclusively as a coach" mean that a psychotherapist could NOT have both coaching clients AND psychotherapy clients? Or does this same language mean that a coach could NOT provide any service that falls under the definition of psychotherapy when providing services as a coach?
- IF you serve as a coach on one day, on the next day can you then say, "I no longer serve as a coach" and become a psychotherapist again (by maintaining licensure or registration in the database?) Can you move in and out of each one?
- It does not define the activity of coaching as psychotherapy or any other practice that would be defined.



Direct questions or comments relating to legislative issues to:  
 Greg McHugh, CHt, CAP Legislative Chairman  
 303-698-1876 or gregmchugh@qwest.net

## What Is the Value of Psychotherapy?

by John P. Engel, MA



*Why should I deny myself the kind of support that can enhance my healing and transformation?*

I often hear people say, "I don't need therapy." In truth, I am not certain that anyone needs therapy. I can share, however, that my experiences, as a client and a member of a therapy group, have been transformative. When I think of these crossroads in my life's journey—healing past traumas, establishing more healthy ways of relating to family, loving from unhealthy to healthy relationship patterns, and, ultimately, realigning my day-to-day life with my soul—I am grateful for the therapeutic support I have received.

Although I have been blessed with wonderful family and friends, experienced peace and clarity through meditative and spiritual practice, and enjoyed the healing power of time in nature, I have also found that the skillful support of a therapist has enhanced my ability to: look deeply within myself, affirm my basic goodness, cultivate the expression of my soul and, when necessary, make changes in my life. I have

learned that devoting myself to the process of therapy has been an investment in my own health and well-being, an investment that has greatly enhanced my ability to effectively do my job and maintain healthy relationships.

My personal journey, along with my professional training and experience, leave me confident that therapy is not about getting answers to life's problems from someone else. Rather, therapy is about making a commitment to healing and transforming yourself with the support of a trained professional.

Would you think twice about seeking professional support from an expert, such as a mechanic, real estate agent, or doctor to help manage important aspects of your life? Clearly, your personal happiness and well-being are, at least, worthy of similar support.

Of course, healing and transformation without a therapist is possible, but ask yourself: Why should I deny my-

self the kind of support that can enhance my healing and transformation? Perhaps it is a good time in your life to explore the benefits offered by a psychotherapist and to make a new commitment to your health and well-being. I may have never needed therapeutic support, but at some point, I certainly wanted it, and committed to helping myself and to seeking professional support. I am grateful for this decision, for it has greatly enriched my life and the lives of those around me. The value of therapy is the value of my peace and happiness. The value of therapy, for me, is priceless. What is the value of therapy for you?

**John P. Engel, MA,** is the Director of LifeMigrations, which offers outdoor programs, life coaching and psychotherapy services to help clients develop healthy relationships, meaningful work and have more fulfilling lives. Contact John at 303-444-4478 or [john@lifemigrations.com](mailto:john@lifemigrations.com) or visit [www.lifemigrations.com](http://www.lifemigrations.com).



### Are you ready to join the CAP board?

If you are interested in joining the CAP Board, follow these steps:

- 1. Submit an application. Applications are available on the web site, or you can request that one be mailed to you by calling 303-480-5733, or pick one up at the next meeting.**
- 2. Attend three CAP Board meetings, preferably consecutively. Attending three CAP Board meetings does not guarantee you a place on the board, but the CAP Board always appreciates your participation and support.**
- 3. Membership to the board will be decided in a closed session. You will be notified by the Board of the outcome of the closed session.**

## Self Care for Psychotherapists

Psychotherapy is a profession that people can either burn out of very quickly, or successfully practice into their 70s. There are even counselors that are in their 80s and still practicing today. The key for longevity lies in self-care. Truly loving and caring for yourself first allows you to give from a full cup. People are often drawn to the helping profession by a genuine desire to help others. This can be a positive motivation as long as you always remember to care for yourself first, and to never give at the cost of yourself. It is very helpful to develop systems of

self-care that create guidelines that define your actions with clients.

**Emotionally:** Keep some emotional space. You can be detached and really care. The real meaning of empathy is the ability to stand fully present in another's experience with no desire to absorb or fix it.

**Mentally:** Remember it is the client's issue and trust that the client can work it out. You as psychotherapist define psychotherapy; the client defines their personal process.

**Physically:** Pace yourself in your work. Give yourself breaks. Working with an-

other's emotional problems can be draining so it is important that you keep your life balanced.

**Energetically:** Develop a self-care habit that allows you to maintain the integrity of your energy system. Keeping yourself recharged and replenished is one of your most important jobs.

Remember always, that the most important thing that you ever give to your clients is a model of a whole, healthy, functional, adult human being. You may be the best copy of the book they ever see.



## Farewell from Lyle Tautfest, CHt, Past CAP President

Looking back over the past four years as President of CAPs Board of Directors, a smile comes to my face. I came on board to help make sure Unlicensed Psychotherapists received the same rights and responsibilities as the licensed community when the mental health statutes were rewritten this year. I knew it would be a lot of work and I was ready for that. What I couldn't fully appreciate then was how much fun it would be and what an opportunity for personal growth I was opening up to. Looking back it is hard to remember the original reservations I had of serving on the board of directors.

With help from some other dedicated hard working people who served on the Board with me, we were able to accomplish things thought impossible. In 2003, when Wheat Ridge passed a law prohibiting Unlicensed Psychotherapists from practicing in most areas of their city, CAP was able to get the law changed to exempt those professionals registered with the state. When I was invited to the second meeting of the Sunset Coalition, two years ago, it was as an afterthought.

The licensed groups had already written off the unlicensed people for inclusion in shaping the new Mental Health Statute. CAP immediately became involved in the monthly meetings of that coalition. We worked closely with the licensed groups earning their respect as fellow professional psychotherapists. This time when the legislation governing our rights to practice was presented and worked its way through the legislative process, we all spoke with one voice in cooperation never seen before.

CAP has built bridges within the Mental Health Community and the Legislature never dreamed possible just a few years ago. After several failed attempts to form monthly professional support networking educational meetings, CAP-Stone has finally become a success. CAP has also built an Internet presence that we all can be proud of. It is now possible to register or renew membership online, access this newsletter, search our membership directory by specialty and location, create a hot link to your site, and have CAP create a web site for you.

I'm proud of this professional organization and all it has accomplished during my tenure as president. I didn't do it, WE did it. Those who served with me and continue to serve on the board are the best possible people to carry on the work of protecting supporting, and educating all Unlicensed Psychotherapists in Colorado. All CAP Members deserve a pat on the back for becoming the role model of the nation. We have proven high quality psychotherapy, doesn't require a license.

*"I didn't do it,  
WE did it."*

Thank you CAP, and thank you CAP members for the gifts you have given me. I leave this organization in good hands, and will always smile when remembering the past four years.

*Lyle Tautfest, CHt  
Past President of CAP*





Check out the  
new CAP logo!

"dedicated professionals united in excellence"

## CAP Has a New Logo!

As CAP moves into a new phase of leadership, a new identity has been established. The new logo is an updated version of the previous one, which represents a path leading to a higher vision.

### For Lease

Beautiful Victorian building, convenient downtown location. 2,000+ square feet, 5 private offices, plus basement, 2 baths, parking. Located in historic district near 5<sup>th</sup> & Bannock. Available August 8. Call 303-777-2555, x1 for more information.

### Become a Wellness Coach

50 hours certified training. Visit [www.schoolofhealing.org](http://www.schoolofhealing.org) or call 303-777-2555, x1 for more information. Course begins July 31.

Ads of 50 words or less may be included in CAPStone for \$35 per issue. Email requests to [rlstark1211@msn.com](mailto:rlstark1211@msn.com)

### CAP Board of Directors

Zoilita Grant, President  
303-776-6103 / [info@selfhealing.com](mailto:info@selfhealing.com)

Shelley Lierman, Vice President  
303-465-5697 / [hypnosis@shellylierman.com](mailto:hypnosis@shellylierman.com)

Pam Mills, Secretary/Education Chairman  
303-343-0361 / [pam.mills@mindspring.com](mailto:pam.mills@mindspring.com)

Greg McHugh, Treasurer/Legislative Chairman  
303-698-1876 / [gregmchugh@qwest.net](mailto:gregmchugh@qwest.net)

### CAPStone Coordinators

Pam Mills, Aurora  
303-343-0361 / [pam.mills@mindspring.com](mailto:pam.mills@mindspring.com)  
John Engle, Boulder  
303-444-4478 / [john@lifeimigrations.com](mailto:john@lifeimigrations.com)

### CAP Lobbyist

Bill Hannah  
303-333-6762 / [bill@billhanna.com](mailto:bill@billhanna.com)

## MARK YOUR CALENDAR!

July 22	CAPStone Meeting, Boulder
August 12	CAP Board Meeting, Northglenn
August 26	CAPStone Meeting, Aurora
September 9	CAP Board Meeting, Longmont
September 23	CAPStone Meeting, Boulder
October 14	CAP Board Meeting, Longmont
October 28	CAPStone Meeting, Aurora
November 11	CAP Annual Member Meeting, Aurora
November 18	CAPStone Meeting, Boulder

Board Meetings are held from 7:00-9:00 p.m.  
CAPStone Meetings are held from 6:30-8:30 p.m.

For more details and directions, contact a CAP board member or CAPStone coordinator.

## VOLUNTEERS NEEDED

As CAP expands we need more participation by our members. Some of it is interesting work and a good way to network with fellow members. Here are just a few areas where your contribution of a little time will be greatly appreciated and help us accomplish the goals to which we have dedicated ourselves. Here are some areas where you could lend your expertise:

**Accounting:** Individual with Quicken software expertise needed to assist treasurer.

**Web site:** Talent and time needed for enhancing and maintaining the CAP site.

**CAPStone:** Coordinators needed to form new groups in Ft. Collins and southwest Denver (Lakewood, Littleton, Highlands Ranch). Plan and hold meetings for approximately 15-25 people every other month. Schedule guest speaker for each meeting.

**CAP History:** Our new president Zoilita Grant has a vision of documenting the history of CAP since its beginnings in 1991. If you or someone you know was involved in the organization in the past, we want to hear from you. Share your memories and help construct the organization's history. Information may be sent via email to [rlstark1211@msn.com](mailto:rlstark1211@msn.com).

**CAP Board of Directors:** New energy needed for the board! See steps to apply on page 6.

CAPStone is published quarterly by:

### Colorado Association of Psychotherapists

P.O. Box 101926  
Denver, CO 80250-1926  
303-480-5733

web site: [www.c-a-p.org](http://www.c-a-p.org)  
email: [colopsychotherapy@earthlink.net](mailto:colopsychotherapy@earthlink.net)

Renee Stark, Editor  
720-261-1848 / [rlstark1211@msn.com](mailto:rlstark1211@msn.com)

Submissions are welcome! © 2004 CAP  
NEXT DEADLINE: September 1, 2004