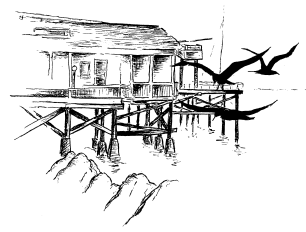




*December 2017/
January 2018 Newsletter*
The Monterey County Chapter
California Association of Marriage and Family Therapists



MC-CAMFT CALENDAR

Benefits to MC-CAMFT Website:

1. Current Member Directory
2. Chapter Board Contact
3. Announcements Forum
4. Specialized Forums
5. Membership Information
6. Online Newsletter
7. Networking Opportunities
8. Chapter Documents Access

MC-CAMFT BOARD MEETINGS 2017

*Contact Board President for meeting
information.*

In this Issue ...

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DECEMBER HOLIDAY PARTY

Date: **Sunday, December 10th, 2017**
Time: **3:30pm – 6:00pm**
Location: **Rio Grill 101 Crossroads Blvd.
Carmel**
Cost: **Licensed Members \$10,
Guest & Nonmember \$15**



JANUARY 2018 LUNCHEON

Date: **Friday, January 26, 2018**
Time: **11:30am – 2:00pm**
Topic: **The Enneagram**
Presenter: **Frank De Luca, PhD, MFT**
Location: **Monterey Pines Golf Course Grill
1250 Garden Road, Monterey**
Cost: **Chapter Member \$25; Guest, Nonmember or
State Member \$30; Prelicensed \$20**

FEBRUARY 2018 MEMBER SALON

Date: **Friday, February 16, 2018**
Time: **1:00pm – 3:00pm**
Topic: **“The Postpartum Couple”**
Presenter: **Jennifer Golden, LCSW**
Contact: **831-905-7798**
Location: **26485 Carmel Rancho Blvd, Carmel**

MARCH 2018 LUNCHEON

Date: **Friday, March 9, 2018**
Time: **11:30am – 2:00pm**
Topic: **“What’s Up With Gender? An Intro.”**
Presenter: **Maren Martin, LCSW**
Location: **Monterey Pines Golf Course Grill
1250 Garden Road, Monterey**



Kristine Jensen
2016/17 Board President

**2016/17
 Board of Directors
 - Officers -**

President: Kristine Jensen 831-204-8010
 jensenthapist@gmail.com

President Elect: OPEN

Past President: OPEN

Treasurer: Susan West 831-206-7639

Secretary: Rochelle Hall
 rochellehall.consult@gmail.com

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 OPEN

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Disaster Response
 Carmen Martin 831-277-1877
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Legislative & Ethics
 Michael Newman 831-649-0957

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Public Relations
 Manfred Melcher manfredmelcher99@gmail.com

Pre-licensed
 OPEN

Website Coordinator
 Maren Martin marenmartin@gmail.com

President's Message

We need your help! Are you tech-comfortable? We need someone to be our "webmaster" to maintain the chapter website. For years we have been blessed with Maren Martin's fine detail skills and get-it-done attitude as our Website Chair. Last month she turned in her resignation effective as soon as a chapter member volunteers to replace her. Maren has agreed to stay on as a patient and available teacher to whomever takes this on. This is a great opportunity to be of service, expand the networking opportunities and have some fun with fellow board members. Whereas the job might appear too great, the website duties are a doable task, involving technology fluency and connecting with the board and chapter members. Interested? Please contact me: 831-204-8010.

Are you signed up for the upcoming HOLIDAY party? Get your reservation in pronto. We'll be celebrating at Rio Grill on Sunday, Dec 10th. We'd love to see you there!

I want to thank two outgoing Board members: Mary McKenna and Debra Keller. Mary has served in various positions on the board for many years including Past President (2006). Her contributions to our chapter have been of immense value to all of us. Debra was returning to serve on the board. She volunteered as Treasurer in 2011. Most recently she starting her role as the Prelicensed Chair barely getting started when family needs intervened. We wish both Mary and Debra all the best and a big thank you.

The New Year will soon be upon us and we have some great Lunch and Learn events coming up: "Introduction to the Enneagram" with Frank DeLuca on January 26th. And, Maren Martin, who is an expert in the field, will present on Gender and Transgender clinical issues on March 9th. We look forward to seeing you.

As the year is closing, I want to thank all our members, board members, visitors and allied colleagues (LCSWs and PhDs) for your participation at our events and for your contribution in making this chapter the vital and friendly group that it is.

Happy Holidays,
 Kristine

Kristine Jensen, LCSW

JANUARY LUNCHEON

Through the Window of the Enneagram

This program is designed for people new to the Enneagram as well as for those who have some familiarity with it. We will cover:

- A description of the Enneagram
- A brief history of the origin and development of the Enneagram in Western psychology
- The architecture of the system: the three centers
- An overview of the nine personality types in this system
- Discussion of the effectiveness of the Enneagram in deepening self-awareness
- Best ways to integrate the Enneagram as a tool in interpersonal relationships
- Application and caution in using the Enneagram in individual therapy and couple's counseling (countertransference and typing)
- Resources for further learning

GOALS: Participants will gain knowledge of:

- The history and structure of the Enneagram
- The essential motivations and "rules of life" for the nine personality types
- How to discover their own personality type
- How the Enneagram can be applied for self-awareness and for increasing interpersonal proficiency

Frank DeLuca has worked in the field of personal and professional development since 1976. Frank was a workshop facilitator for a national seminar company (Actualizations) for ten years and then developed and delivered corporate trainings in team building, communications and creativity. A graduate of The California Institute of Integral Studies (M.S. Integral Counseling Psychology; Ph.D. East-West Psychology), Frank had a psychotherapy practice in Carmel and San Francisco for over 20 years. He currently lives in Jacksonville, Oregon and still teaches the Enneagram in Carmel and Jacksonville.

BOARD VOLUNTEERS WANTED

MC-CAMFT Board looking for a few good colleagues

Won't you please consider joining the MC-CAMFT board? This committed, friendly group of dedicated colleagues would gratefully appreciate a few more helping hands. There are jobs large and small. Whether you are new in the field or a seasoned member, there are many benefits to taking your turn at board service. Best of all is the opportunity to meet and work together with colleagues you otherwise wouldn't get to know, not to mention the personal satisfaction of creating and giving back to this professional community.

Current openings include:

President Elect

Prelicensed Chair

Advertising Chair

There is good support to learn the ropes of any position.

Likewise there are projects or one-time volunteer tasks such as greeting at the registration table of an event, assisting with the CE sign-in sheet and distributing CE certificates, assisting the Programs committee among others. If you are interested in learning more, please contact our board president, Kristine Jensen at 831-204-8010 or jensentherapist@gmail.com. You can also contact the chair of the board committee for which you would like to volunteer. Contact information is found on our website – www.mccamft.net - as well as on page 2 of this newsletter.



Like Us on Facebook!

Connect with your colleagues through the Monterey Chapter CAMFT Facebook page.

FEBRUARY SALON

Relationships and Sexuality During the Postpartum Adjustment

This Salon is designed for therapists who work with individuals and couples through the childbearing years. While the birth of a baby is cause for celebration, for so many it's also a time of intense personal and relational upheaval. We will examine the many stressors on parents, including Postpartum Mood and Anxiety Disorders, and offer interventions so parents may successfully navigate through this "perfect storm."

We will take a reflective stance in order to work through our countertransference and assumptions about healthy relationships between partners, as well as between parents and young children, during this critical period.

Jennifer Golden, LCSW is a psychotherapist in Carmel. She enjoys a diverse private practice, with areas of focus in Reproductive Mental Health, Trauma and EMDR, anxiety and depression, grief and loss. She has provided CMEs to local hospitals on Postpartum Mood & Anxiety Disorders, and has supported hundreds of new parents as a psychotherapist and parent educator. She is currently working toward endorsement as an Infant Family Early Childhood Mental Health (IFECMH) Specialist.

Remember to renew your chapter membership by January 30th

You can renew or join at any time. However, you have until January 30th to keep your membership from lapsing. Renew and/or join on our website, www.mccmamft.net

COUPLES CORNER

*Bi-monthly musings by Cristin DeVine, certified
Imago Relationship Therapist*

Reassigning the Warrior

Let's face it, as therapists much of our time with couples is spent trying to soften the blow of the warrior. One of the hardest aspects of intimate relationship is that we have competing drives in the brain. We are built for survival (the warrior) and we are built for connection and attachment (the lover). There are many situations in life where our warrior is needed and comes in as an ally. In romantic relationship, however, the task is to keep the warrior BEHIND the lover. If we want our partner to feel safe, loving, playful, and sexy it is up to us to keep the harmful behaviors of our inner warrior out of the relationship.

When reactivity and a wide array of defense mechanisms hijack a relationship, we suddenly find ourselves at war with the person we love. When our warriors are on point, it doesn't take long for the safety and quality of the relationship to find itself in shambles. This is certainly when the motto, "make love not war" is useful.

How do we help our clients to identify their war tactics and the harm it does in relationship? As we know, the warrior isn't going away. As long as we are human we will carry our innate defensive strategies that fight on behalf of our survival. The challenge is in reassigning the warrior. Rather than bringing the fight ("you are such a ..."), flight ("I'm out of here..."), or freeze (shutting down to the relationship) defenses into the relationship, can we assign the warrior the task of protecting the sanctity of the relationship? In relationship, it is the warrior's task to be in service to love rather than survival. Besides, (for many of us) when was the last time our survival was actually at stake when we found ourselves battling with our partner?

When I notice my warrior is suddenly taking charge, my first response is to own the neurological malfunction that is occurring. I'm going into a fight response and my brain is

downloading all the negative information about my opponent (partner) it can muster up in order to best pump me up for the fight. Why is this a neurological malfunction? My partner is my beloved, NOT my opponent AND the last thing I want to do is to annihilate the person I love.

This is when I generally imagine masking tape over my mouth and begin a cycle of yoga breathing until I am centered enough to respond with kindness and compassion. By doing this I am buying my brain time to take the long elevator ride from the reptilian brain to the frontal lobe. Keeping the lover in front of the warrior gives us the opportunity to respond with loving connection-oriented statements like, "honey, I felt triggered when..." and "I imagine this triggered me because..."

Every time we experience success in managing our own reactivity, the warrior for love becomes stronger. How are we empowering our clients to "make love not war?" How are we asking them to take responsibility for their own reactivity and its path of destruction in the relationship? In the work of reassigning the warrior, we can see our clients making the commitment to keep their partners safe, no matter what. When this happens the quality of the relationship is transformed.

ARTICLES INVITED

Make sure our newsletter reflects your experience as a clinician in our chapter. Contribute to your newsletter through:

Book Reviews --- Opinions --- CEU Experience --- Events
Clinical Expertise --- Announcements --- Successes

**Or other relevant information
Contact Elizabeth L Ramirez,
Newsletter Editor**

CALL FOR MC-CAMFT MEMBERS: Salon Series

Members interested in offering a Salon in 2018 please contact Judy Masliyah. Salons can be offered by a member for members in your office on a topic of your choice. The number of participants is limited to the size of your location.

You can offer a presentation on a clinical subject of which you feel you have expertise. Salons are scheduled on the off month of chapter-sponsored luncheons and presentations. You are asked to provide light refreshments as well as complete a 'Speaker's Guide' required for the two CEU's offered. The presentation is usually a 2-hour time slot. I am now looking to schedule for April, and June in 2018. jmasliyah@hotmail.com or 831-649-3326.

NEWSLETTER FLYERS

The flyers listed below are included in this newsletter. You can view each flyer by going to the identified page.

- Compassion Cultivation Training
~ Meika Hamisch, page 7
- Mindfulness & Intuitive Eating
~ MBMS, page 8
- Introduction to Mindful Meditation
~ MBMS, page 9
- Mindfulness-Based Stress Reduction
~ Rochelle Hall, page 10
- Professional & Experienced Sex Therapy
~ Stephen Braveman, page 11

Advertisements

OFFICE SPACE

Large office space including three windows & downstairs parking available to rent for a licensed therapist at 621 Forest Ave, Pacific Grove. \$100 per day per month. Minimum 2 days. Please call Elaine at 831-521-4876.

CINEMA THERAPY

Papa Hemingway in Cuba – Reviewed by Charlyne Gelt, Ph.D.

"The two most important days in your life are the day you are born and the day you find out why." Mark Twain

Internal wounds often draw us toward one another like a magnet. The walking wounded tend to sense one another's pain, unconsciously. This same psychological phenomena is depicted in the 2015 biographical film *Papa Hemingway in Cuba* starring Adrian Sparks as the world-famous author Ernest Hemingway, Giovanni Ribisi as the young Miami Herald journalist, Ed Myers, who idolizes and befriends him, and Joely Richardson as Hemingway's long-suffering fourth wife, Mary. Filmed in Cuba where the Hemingways were living in the late 1950s, the drama is intensified by the fact that it takes place on the eve of the Cuban revolution.

The story begins when junior reporter, Myers, writes a fan letter to his idol to thank the author for inspiring him. A week later, Hemingway phones the Miami Herald newsroom inviting Myers to Havana; "Good letter, kid," he growled, "You like to fish?" Myers travels to Cuba and against the turbulent backdrop of the pending revolution, he develops a relationship with Hemingway that results in life changes for both men. Myers, abandoned by his father at age three during the Depression, finds acceptance and friendship from a welcoming father figure in Hemingway; who befriends "the kid" for his own reasons. He mentors Myers in fishing, drinking, and helps him find his literary voice by dragging him into eyewitness reporting of the Cuban Revolution which was now boiling up around them.

Meanwhile, Myers becomes overly involved in "Papa" Hemingway's personal emotional "revolution" bubbling within him that uncovers the dark side of the literary genius; revealed only when Myers becomes part of Papa's "inner circle." At one point he shouts at Myers, "I can't fuck, I can't write!" as he indulges in bouts of drinking, mood swings, and suicidal self-loathing. Often his wife Mary gets pulled into the fray. Their mutual dynamics replicate their dysfunctional emotional childhood relationships. We witness Papa's destructive narcissism, his rages, as well as his seductiveness to reel people in. He uses people, including Myers, his wife, and his friends to fill up his sense of emptiness and help relieve his anxiety and loneliness or he uses the bottle to lull himself into a

baby's blissful sleep. Myers' own personal history leaves him hungry for love, acceptance, and belonging. And so they do the dance.

Psychological Implications

Conventional wisdom assumes that a man of great literary renown, idolized by the public for his enormous talent, has it all. However, like many of the clients we see in private practice, appearing as if you have it all can be just a well-developed façade to cover a deep sense of inadequacy. Papa Hemingway lived out loud, appearing abrasive and thick-skinned but was scarred inside from his personal history.

Papa Hemingway in Cuba allows us to bear witness to the depth of the man's emotional pain and hunger. He felt trapped, enmeshed in a dysfunctional family system and didn't realize that there was a way out. Here, as with many couples seen in therapy, the two main characters in the film are drawn to one another by a common wound: childhood abandonment, emotional inadequacy, co-dependency, an internalized critic, and anxiety about never feeling "good enough." We see the very same attraction in narcissistically wounded couples. Myers' idol worship made him blind to Hemingway's narcissism. Being accepted by his idol got Myers hooked, enmeshed, and pulled into that dysfunctional system so familiar to him.

In the end, as we know, Hemingway took his own life. Myers, on the other hand, hung on to something Hemingway had once said to him when offering him some unsolicited advice, "Kid, the only value we have as human beings are the risks we're willing to take." The "kid" took Papa's fatherly advice seriously and used it to discover his own strengths and advance his life. He was also able to mature enough to recognize a universal truth: All of our heroes are human.

Charlyne Gelt, Ph.D. (PSY22909) is a clinical psychologist who practices in Encino. She leads Women's Empowerment Groups that help women learn the tools to move beyond self-destructive relationship patterns. She may be reached at 818.501.4123 or cgelt@earthlink.net. Her website is www.drgelt.com. Her office address is 16055 Ventura Blvd. #1129 Encino, CA 91436.

COMPASSION CULTIVATION TRAINING

Experience the Well-Being and Relief From Cultivating Compassion

February 8 - March 29, 2018, 6 - 8 p.m. Pacific Grove



\$325 Includes FREE 16 CE's for Psychologist, LMFT, LCSW & RN's,
Deadline to apply 01/30/18

**In the 8-week Compassion Cultivation Training (CCT™) you will
 learn to cultivate innate qualities of:**

Mindfulness and Loving-kindness Compassion for self and others

You will learn about:

Empathetic distress/compassion fatigue and self-care

Genuine happiness

Common humanity and appreciation

Setting up a daily meditation practice

In CCT™ the training process includes:

Daily meditation practices to develop lovingkindness, empathy, and compassion

A two-hour weekly class that includes lecture and large/small group discussions

Real-world "homework" assignments to practice compassionate thoughts and actions

CCT™ integrates traditional contemplative practices with contemporary psychology and scientific research on compassion. The program was developed at Stanford University by a team of contemplative scholars, clinical psychologists, and researchers.

Research suggests that CCT™ can increase self-compassion and self-care, reduce stress, anxiety, and depression, and enhance connection with others.



**For more information www.collaborativecompassiontraining.com
 or email Meika Hamisch at meika.hamisch@gmail.com**

Meika Hamisch, LMFT, has practiced psychotherapy for over 35 years. She has been a trainer and educator in the area of communication skills, substance abuse, counseling skills, psychology, cross cultural perspectives in therapy, mindfulness and compassion cultivation methods. She is a certified teacher in Cultivating Emotional Balance. Meika is a certified Compassion Cultivation Teacher from the Center for Compassion and Altruism Research and Education, Stanford University



For many, food seems to be an enemy, and the body a battleground. We may feel a sense of frustration or failure from past attempts to change our eating habits. Practicing mindful and compassionate awareness can transform our relationship with food, our bodies, and ourselves.

By cultivating awareness of body sensations, as well as thoughts and emotions, we will begin to transform our relationship with food so that it can be viewed as nourishment, and we will learn to listen to and trust our own instincts, preferences, and choices.

Tuesdays, January 9, 16, 23, & 30, 5:30-7:00 pm
\$140

In this course:

- Learn to bring mindful awareness to the act of eating, nourishing the body and engaging the senses
- Discover more about yourself-- your likes, dislikes, what brings you satisfaction, and the reasons (other than hunger) that you may be eating;
- Awaken awareness of your body's signals of hunger and fullness;
- Develop effective ways of working with emotions;
- Cultivate compassion, respect, and appreciation for yourself and your body.

Recommended reading: "Intuitive Eating" by Tribole & Resch

This course is not intended to diagnose or treat eating disorders.



529 Central Ave, Suite 201 A, Pacific Grove ~ www.montereybaymeditation.com

Monterey Bay Meditation Studio invites you to:

"Introduction to Mindfulness Meditation"

January 10, 17, 24, & 31, 2018

Wednesday evenings, 5:30 - 7:00 (ish)

529 Central Ave., Ste. 201a, Pacific Grove, CA

(Monterey Bay Meditation Studio)

\$140 (for the four-class course; includes "Intro. to Mindfulness: Practice Guide & Journal")



Mindfulness Meditation is a practice of relaxing the mind and opening the heart, while simply noticing what is happening in the present moment.

When this quality of attention is cultivated, judgment, worry, and planning are suspended,

and a space for sensing peacefulness and well-being is expanded.

Through teaching, discussion, meditation practice, and experiential exercises, this course is designed to assist and support participants in establishing and maintaining

mindful awareness, as well as a beginning meditation practice.

This course is taught by Marianne B. Rowe, MS, a Licensed Marriage & Family therapist for over 30 years, founder of Mindful Education Project, and co-founder of Monterey Bay Meditation Studio. www.mariannerowe.net

Register online at www.montereybaymeditation.com

Because class size is limited, advance registration is required.

For maximum benefit, participants are requested to attend all 4 classes.

Non-attendance Policy: No Refunds.

www.montereybaymeditation.com

Mindfulness-Based Stress Reduction

A Life-affirming Course in Conscious Living



Learn lifelong skills for managing stress, & deepening joy through compassion, in this practical, participatory, 8-week course. Includes a daylong retreat.

- This **MBSR** course was developed by Jon Kabat-Zinn, PhD, at the Center for Mindfulness in Medicine, at U-Mass Medical School.



When: 6:30-8 pm., Tuesdays
Feb. 13 – April 3, 2018
Daylong Retreat: 9:30 – 3:30 pm
3/24/18

Where: Monterey Center for
Mindfulness and Compassion
716 Lighthouse Ave., Ste. E
Pacific Grove, CA

FREE Orientation (required):
Jan. 16, 2018, 6:30-8pm



- * **MBSR** teaches life-enhancing skills for managing anxiety, depression & chronic pain.
- * Learn **mindfulness meditation** practices, including gentle movement.
- * **Research** points to MBSR's measurable benefits in health and well-being.
- * **Pre-registration required.**
- * **24 CEUs** offered for psychologists, LMFTs,

To register: Contact Qualified MBSR Instructor
Rochelle Hall, LMFT, Monterey Center for Mindfulness and Compassion
RochelleHall.consult@gmail.com



Professional & Experienced SEX THERAPY

LGBT & KINK Friendly

**EXPERIENCE ISGC OF MONTEREY's
Many Groups and Workshops!
This Month, we are featuring:**

- MALE SEXUAL ABUSE
SURVIVORS WEEKLY GROUP
- CARE FOR CAREGIVERS
MONTHLY GROUP

STEPHEN L. BRAVEMAN, LMFT, DST
*Licensed Marriage & Family Therapist #MFC28926
AASECT Certified Diplomate of Sex Therapy
AASECT Certified Supervisor
Gender & Sexual Abuse Specialist
Sacred Intimacy Tantra Educator*

WANDA BRAVEMAN
Office Manager/Patient Advocate

Intimacy, Sexuality & Gender Center of Monterey

494 Alvarado Street, Suite A Monterey // 831.375.7553 // www.isgcmonterey.com



MC-CAMFT
P.O. Box 3092
Monterey, CA 93942
www.mccamft.net

MC-CAMFT
Mission Statement

MC-CAMFT is dedicated to the advancement of marriage and family therapists, to the promotion of high standards of professional ethics and qualifications of its members, and to expanding the recognition and utilization of the profession in Monterey County.

***MC-CAMFT is pleased to acknowledge the service
of its PAST PRESIDENTS***

1989	Jane Ellerbe	2002	Stephen Braveman
1990	Connie Yee	2003	Lois Panziera
1991	Joan Mortensen	2004	Mary Sue Abernethy
1992	Mark Willison	2005	Elisabeth Wassenaar
1993	Katherine Weller	2006	Mary McKenna
1994	Jerian Crosby	2007	Brenda Lang
1995	Janis "JC" Clark	2008	Abby Bukofzer
1996	Steve Weiner	2009	Eileen Nazzaro
1997	Mary Jane Melvin	2010	Elizabeth Ramirez
1998	Steve Mahoney	2011	Heather Crimson
1999	Susan Ross	2012	Carolyn Kelleher
2000	Judy Masliyah	2013/14	Cheryl Fernandez
2001	Barrie O'Brien	2014/15	Emily Lippincott