



# April/May 2018 Newsletter

## The Monterey County Chapter

California Association of Marriage and Family Therapists



### 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 2018

*Contact Board President for meeting information.*

### In this Issue ...

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## MC-CAMFT CALENDAR

### APRIL 2018 SALON

Date: Saturday, April 7, 2018  
Time: 10:00am – 12pm  
Topic: EMDR Integrated Group Treatment Protocol  
Presenter: Elizabeth Ramirez, LMFT  
Location: 9 W Gabilan St., Suite 18 (2<sup>nd</sup> floor), Salinas  
*Farmers Market day on Gabilan Street*  
Cost: Members \$10

### APRIL 2018 PRESENTATION

Date: Saturday, 28, 2018  
Time: 9:30am – 12pm  
Topic: Transformation of Consciousness: Women and Resiliency in Cinema  
Presenter: Charlyne Gelt, PhD, MFT  
Location: Rancho Canada/Wedgewood, Fiesta Room  
4860 Carmel Valley Road, Carmel, CA  
Cost: Licensed-\$25; Guest/Nonmember-\$30; Prelicensed \$20

### JUNE 2018 SALON

Date: Friday, June 8, 2018  
Time: 2:00pm – 4:00pm  
Topic: Introduction to Mindfulness, Loving Kindness and Compassion Practices, & What They Really Mean  
Presenter: Rochelle Hall, LMFT and Meika Hamisch, LMFT  
Location: Monterey Center for Mindfulness & Compassion, 726 Lighthouse Ave, #E, Pacific Grove,  
Cost: Members \$10

### JULY 2018 LUNCHEON

Date: Friday, July 20, 2018  
Time: 11:30am – 2:00pm  
Topic: HearthMath  
Presenter: Dr. Rollin McCraty, PhD  
Location: TBD

### SEPTEMBER 2018 FALL MIXER

Date: Friday, September 21, 2018  
Location: Tarpy's Restaurant  
More details to come



**Kristine Jensen**  
**2016/17 Board President**

**2016/17  
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- Officers -**

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## President's Message

It's Spring and our chapter is cooking. And the fire is our members. Thank you to all of you who attend our events and renew your membership. Our wonderful Board counts on you. You, in addition to our fantastic Board, are the life energy of the chapter.

We have great programs coming up and we appreciated Maren Martin's informative and entertaining presentation about what we need to know to be current in the ever-changing field of gender identity. I learned a lot and from the thoughtful questions Maren (LCSW) fielded, I trust you did too. Thank you, Maren.

Here is the run down on upcoming events— please go our website for details and descriptions of these events.

**April 7**, Saturday, Elizabeth Ramirez, LMFT will host a Salon in Salinas about using EMDR in a group context.

**April 28**, Saturday Breakfast with Charlyne Gelt, PhD on the use of Cinema Therapy for resiliency and personal growth.

**June 8**, Rochelle Hall, LMFT and Meika Hamisch, LMFT are hosting a Salon on Mindfulness and Compassion.

**July 20** we will get an introduction to the fascinating science behind the central role our hearts' play in our emotional well-being and as the source of our intuition.

**Sept 21** is PARTY TIME! Bonnie Rose is arranging another fun "Fall Mixer" at our beloved Trapy's. Put this on your calendar—you won't want to miss mixing it up with your colleagues and friends.

Your Board is having a day long planning retreat on May 11th. Do you have topics you want discussed? Please let me know and we'll put them on the agenda.

As always, I want to thank our creative and resourceful Board. I'm proud of how well our chapter functions and it's all about their commitments to doing a bang-up job.

Enjoy the Spring,  
**Kristine**

## April SALON

### “Necessity is the Mother of Invention” EMDR- Integrated Group Treatment Protocol

**Date:** Saturday, April 7, 2018

**Time:** 10:00 am-12:00 pm

**Location:** 9 West Gabilan Street, #18, 2nd floor, Salinas

**Presenter:** Elizabeth Ramirez, LMFT

**Contact:** 754-3077

**Cost:** Members - \$10

*Please Note: farmers market on West Gabilan occurs on Saturday mornings.*

EMDR therapy began more than 30 years ago by Dr. Francine Shapiro. Since its initial development, many clinicians have contributed to Shapiro's core model. Dr. Ignacio Jarero, PhD, together with a team of clinicians, developed an EMDR therapy protocol to reach more populations for the treatment of trauma, adverse life experiences, or psychological stressors. The protocol combines the EMDR treatment phases with a group therapy model and an art therapy format.

The Eye Movement Desensitization and Reprocessing - Integrated Group Treatment Protocol (EMDR- IGTP) is a highly efficient intervention in terms of time, resources, cost, and lasting results.

In this workshop participants will gain a basic understanding of the EMDR- IGTP, consider the possible psychotherapy applications and identify the treatment process through the use of lecture, experiential practice and reviewing case studies. This presentation will offer a valuable experience to both EMDR trained clinicians and clinicians interested in learning about EMDR therapy.

**DISCLAIMER:** *This presentation is for informational purposes only. Extensive training is required to become an EMDR-trained clinician.*

*Elizabeth is a Licensed Marriage and Family Therapist in private practice. She has established her full-time practice in Salinas over the last 10 years with a focus on assisting children from toddlers and up as well as families and individuals. The topics commonly addressed during treatment include difficulties related to general life challenges and in particular anxiety, trauma recovery, and family issues. She is bilingual and bicultural offering psychotherapy to the general community.*

*She has developed core specialties in play therapy resulting from the rigorous Registered Play Therapy (RPT) credentialing as well as EMDR (Eye Movement Desensitization and Reprocessing) through the initial training and soon to satisfy the EMDR Certification process.*

## April LUNCHEON

### Transformation of Consciousness Women and Resiliency in Cinema

**Date:** Saturday April 28, 2018

**Time:** 9:30am – 12pm

**Presenter:** Charlyne Gelt, Ph.D.

**Location:** Rancho Canada/Wedgewood, Fiesta Room  
4860 Carmel Valley Road, Carmel, CA

**Cost:** Licensed-\$25, Guest/Nonmember-\$30,  
Prelicensed-\$20

This presentation uses films that illustrate women's strength and resilience and their move towards empowerment and a transformation of consciousness. Mythologist Joseph Campbell's work, The Hero's/Heroine's Journey, is applied as a template to certain films and female characters that exemplify this dynamic. Traditionally, women have occupied the submissive role to a dominant masculine energy. Through media, advertisements, film, and family systems dynamics, women have (unconsciously) learned to accept emotional positions that accentuate these polarized positions. Participants will use film as a tool to look at life stories, the unconscious myths we live, the belief systems that keep one locked in destructive patterns, and the shift from emotional slavery to emotional liberation.

#### GOALS:

Participants will gain a basic understanding of Film as an important therapeutic tool to examine depth beyond the immediate content, gain awareness of the dynamics underlying the crisis state and models of change, recognize the dynamic of strong women who are emotionally submissive in relationships, and apply an understanding of the dynamics in film to individual and couples in private practice therapy settings.

#### OBJECTIVES:

1. Through film, participants will gain awareness of relationship dynamics rather than focus on crisis (content) issues in the therapeutic setting.
2. Participants will recognize the dynamic of strong female characters who are emotionally submissive in relationships.

3. Participants will gain awareness of certain films as models of resilience and transformation of consciousness as an adjunct to the therapeutic process.
4. Participants will gain knowledge of Joseph Campbell's model of the Hero/Heroine's journey.
5. Participants will apply the template of The Hero's/Heroine's Journey to certain films and the female character that exemplify resilience and transformation.

*Charlyne Gelt, Ph.D. is a licensed Clinical Psychologist, Marriage and Family Therapist and registered group psychotherapist. She earned her PhD from Pacifica Graduate Institute in 2002 and maintains a psychotherapy practice in Encino, CA. She draws from different theoretical frames, including cognitive-behavioral, self-psychology, and family systems. Dr. Gelt works with individuals and couples, as well as families who have someone in prison.*

*Dr. Gelt is a member of the American Psychological Association; The California Psychological Association; Los Angeles County Psychological Association (LACPA); CAMFT; American Association of Group Psychotherapists; and the Southern California Group Psychotherapy Association. You may reach Dr. Gelt at (818)-501- 4123; [www.drgelt.com](http://www.drgelt.com).*

Thanks to Breakthrough for their sponsorship of our Mach 9<sup>th</sup> luncheon. We greatly appreciate their collaboration.

# **BREAKTHROUGH**

If you know of any other potential sponsors for our chapter events, please contact Public Relations Chair, Manfred Melcher by email: [manfredmelcher99@gmail.com](mailto:manfredmelcher99@gmail.com)

## **WELCOME NEW MEMBERS**

MC-CAMFT is pleased to welcome our new members.

- Cheryl Fernandez, LMFT
- Charles Ahern, Associate Member
- Donna Hepburn, Associate Member
- Jared Phillips, Associate Member
- Ali Rodriquez, LMFT Member

As Membership Chair, I am here to answer questions about membership. You can contact me at: [rhaeart@comcast.net](mailto:rhaeart@comcast.net)  
Rhaea Maurel, LMFT

## **June SALON**

Introduction to Mindfulness, Loving Kindness and Compassion Practices, & What They Really Mean

**Date:** Friday, June 8, 2:00-4:00 pm,

**Presenters:** Rochelle Hall, LMFT and Meika Hamisch, LMFT

**Location:** Monterey Center for Mindfulness and Compassion, 726 Lighthouse Ave, #E, Pacific Grove,

**Contact:** 408-823-4671

In this workshop participants will gain a basic understanding of mindfulness, loving kindness and compassion practices. Instructors will introduce participants to these practices through brief guided meditations as well as a summary of the research showing mental and physical benefits linked to these practices. Benefits include improvements in symptoms of anxiety, depression, chronic pain, and 'burnout' commonly experienced by health care providers.



## **Like Us on Facebook!**

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



## **JULY Presentation: HeartMath**

**Date:** Friday, July 20, 2018

About the Presenter: Rollin McCraty, Ph.D.,  
Author, Speaker, Scientists



Rollin McCraty, Ph.D., director of research at the HeartMath Institute, is a professor at Florida Atlantic University. McCraty is a psychophysiolgist whose interests include the physiology of emotion. One of his primary areas of focus is the mechanisms by which

emotions influence cognitive processes, behavior, health and the global interconnectivity between people and Earth's energetic systems. He has been with HeartMath Institute since its founding in 1991 by Doc Childre. He has worked closely with Childre to develop HMI's research goals and has been instrumental in researching and developing the HeartMath System of tools and technology.

McCraty and the members of his research team have worked in joint partnership with research groups at Stanford University, Claremont Graduate University, Dalhousie University in Halifax, Nova Scotia, Prince Sultan Cardiac Center in Saudi Arabia and the University of Lithuania among many others.

He has been interviewed for many feature articles in publications that include Prevention, Natural Health, Men's Fitness and American Health magazines, and has appeared in television segments for CNN Headline News, ABC World News Tonight, ABC's Good Morning America, NBC's Today Show, PBS's Body & Soul and the Discovery Channel. He has been featured in many documentary films, including I Am, The Truth, The Joy of Sox, The Power of the Heart, Solar Revolution, and The Living Matrix among others.

McCraty's critical research on heart rate variability and heart-rhythm coherence has gained international attention in the scientific community

and is helping to change long-held perceptions about the heart's role in health, behavior, performance and quality of life.

He is one of the primary creators of the Global Coherence Initiative and the principal designer of the Global Coherence Monitoring System and its international network of magnetic field sensor sites. Related to this, McCraty heads up HMI and GCI researchers investigating the relationship between human and geomagnetic field environments and the interconnectedness of and communication among all living systems. They also investigate how these fields act as central synchronizing signals within the body, carry emotional information and serve as key mediators of energetic interactions between people and living systems.

McCraty is a member of the American Autonomic Society, Pavlovian Society, National Association for Psychological Science, Association for Applied Psychophysiology and Biofeedback and Society for Scientific Exploration.

His studies, research and extensive professional articles have appeared in numerous journals, including the American Journal of Cardiology, Journal of the American College of Cardiology, Stress Medicine and Biological Psychology. He contributes periodically to the Global Advances in Health and Medicine journal.

**For more information: [www.hearthismath.org](http://www.hearthismath.org)**

### **COUPLES CORNER**

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

#### **Sourcing to Love**

I recently heard a colleague inquire, "I wonder if sometimes in psychotherapy, we are just looking for trouble." There can be such a lure to dive into and loop around one's list of complaints, discontents, hurts, and traumas. When it comes to couples therapy this tendency can be doubled. As we know, this isn't actually what helps people feel better in the long run. What heals, I believe, is accessing resiliency and one's essential self in the midst of the difficulty. As we source to something

larger than the wound, we have more space to work with it and are no longer dominated by it.

In couples therapy I most often source to love. I see the love between the couple as the capital “S” Self in the relationship. Many couples seem to have lost track of the felt sense of love. I often perceive love as a precious pearl in the middle of the relational field that has been covered over by the power struggles and the shaming, blaming, and criticizing. My job is to help the couple access that pearl again. Their love is the resiliency of the relationship.

Often the couple wants to jump right into the problems with the relationship or more specifically, the problems they have with their partner. I first, however, lean into the resiliency of their relationship and invite them to join me there. I like to start initial sessions with a simple exercise in which each partner completes the following sentence stems:

- What I remember about falling in love with you is...
- How I felt when I was around you was...
- What I especially appreciated about you was...
- How these things were similar to or different from my experience in childhood is...
- Given all this, what I really want from you today is...

As couples reminisce on the early days of their relationship, the pearl of their love starts to shine more brightly, and, from this place, they have more capacity to work with the difficulties in the relationship. This process is akin to many trauma therapies where before going into the client’s trauma we spend time resourcing them to safety.

Because it can be so easy for the human mind to focus on what’s going wrong, I often spend time asking couples to share what’s going right and how they can do even more of that. I often start sessions with appreciations and introducing “love bombing” or positive flooding exercises in which one partner expresses the many traits they love about the other.

My intention is to help couples strengthen their connection during the session so that they leave with more confidence in their ability to repair the

ruptures and regain connection. Even if the love only feels like a tiny coal when the couple arrives, we can blow on that coal during the session and send them off with a small fire and the tools to diligently tend this newfound flame of their relationship. When we source from love and work with our clients in these ways, we reorient from the possibility of “looking for trouble” to the probability of “looking for healing.”

## **BBS UPDATES & MFT-RELATED LEGISLATION**

### **BBS Updates and Law Changes**

For prelicensed to consider: *Can I count hours of experience after I graduate but before I receive an Associate registration number? What is the “90-day rule”?*

If you apply for an Associate registration within 90 days of your degree award date, and are thereafter issued an Associate registration, all postdegree hours of experience may be credited. Hours gained under the “90-day rule” must comply with all experience and supervision rules for Associate MFTs. However, you will not be permitted to work in a private practice setting until your Associate registration number is issued by the Board.

Statute cited: BPC section 4980.43

### **LCSW, LMFT, LPCC: Upcoming License Renewal Fee Increase (SB 1188):**

All licensees with an expiration date on or after July 1, 2018 will experience a fee increase upon renewal. This is a result of the passage of SB 1188 (Chapter 557, Statutes of 2017), and the increased revenue will provide additional funds to the Mental Health Practitioner Education Fund (more info):

- LMFTs: Biennial renewal increase from \$140 to \$150
- LCSWs: Biennial renewal fee increase from \$110 to \$120
- LPCCs: Biennial renewal fee increase from \$175 to \$195

Revised regulations pertaining to Registrant Advertising and Application Processing Times became operative on March 14, 2018.

Please visit [www.bbs.ca.gov/about/law\\_reg.html](http://www.bbs.ca.gov/about/law_reg.html) for specific regulation text and other relevant documents.

Those affected are encouraged to download the following:

- MFT changes from “**Intern**” to “**Associate**” – Revised Title Change FAQ at: [http://www.bbs.ca.gov/pdf/title\\_change\\_faq.pdf](http://www.bbs.ca.gov/pdf/title_change_faq.pdf)
- Advertising Guidelines information at: [www.bbs.ca.gov/pdf/publications/adv\\_guide.pdf](http://www.bbs.ca.gov/pdf/publications/adv_guide.pdf)

## LEGISLATION

CAMFT continually advocates for mental health professionals, at the state and national level. There are many bills that impact CAMFT, our members, and the profession. For complete descriptions of bills, as well as the full list of bills CAMFT follows each year, members can visit CAMFT’s Legislative Action Center. Members may also subscribe to Action E-lets in the Legislative Action Center to receive CAMFT e-mails on key pieces of legislation.

### Some legislation highlights below:

AB 191 (Wood) — **Psychiatric Holds:** This bill adds LMFTs and LPCCs to the list of eligible providers who can act as a second signatory to extend involuntary commitments. Currently, extensions on involuntary mental health holds need to be signed first by a psychiatrist or psychologist and then either a second psychiatrist/psychologist or social worker or registered nurse (RN). Although LMFTs and LPCCs routinely work as part of the treatment team within treatment centers where assessments are made, they are unable to act as secondary signers. When treatment teams need to find a secondary signer, there are often delays because the pool of signers is limited and, thus

the patient could end up being held longer than the 72 hours, breaching the patient’s rights. The addition of LMFTs and LPCCs allows facilities the flexibility to efficiently utilize their provider care teams while maintaining patient safety and patient’s rights. This bill was signed by the Governor and goes into effect on January 1, 2018.

22  
AB 1188 (Nazarian)—**Loan Repayment:** Prior law allowed MFTs, and other BBS and Board of Psychology licensees, who work at publicly funded mental health facilities or nonprofit mental health facilities, and provide direct patient care, to apply for grants under the Licensed Mental Health Service Provider Education Program to reimburse for educational loans. This bill increases each licensee’s annual renewal fee by \$10 to be applied towards the existing Education fund for his/her license. The CAMFT Board of Directors has made it a priority to advocate that pre-licensees and newly licensed MFTs have increased opportunities for paid employment—CAMFT believes this bill will assist in that goal. This bill is co-sponsored by NASW and CALPCC and supported by the California Psychological Association. CAMFT is in support of this legislation. This bill was signed by the Governor.

**Oregon to Recognize CA LMFTs:** The Oregon Board of Licensed Professional Counselors and Therapists recently passed a rule amendment that will make it easier for California licensed MFTs to obtain licensure in Oregon. The rule amendment adds California’s BBS MFT Written Clinical Exam as an approved competency exam for licensure as a Licensed Marriage and Family Therapist in Oregon. For more information on this new rule, please see: <http://www.oregon.gov/oblpc/Pages/web-lr.aspx>

## NEWSLETTER FLYERS

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

- Fierce Compassion Setting Boundaries  
~ MBMS, page 9
- Hearts DO Heal Event  
~ Papillon Center, page 10
- Introduction to Mindful Meditation  
~ MBMS, page 11
- MCMC Classes, Groups, Retreat  
~ MCMC, page 12

## Advertisements

### JOB OPPORTUNITIES

Peacock Acres, a non-profit organization serving foster children in the Monterey County area, has a newly created Head of Services/Clinical Director position open. If interested, please email Ernest@Peacockacres.org.

### OFFICE SPACE

Full Time Psychotherapy Office in Suite:  
We are a psychotherapy practice at 1010 Cass Street in Monterey. The Suite consists of three offices, a common

waiting room, bathroom and a work area. Utilities, Wireless service, fax, cleaning, and offices supplies are included in the rent. Walls and doors have sound boards. Great parking. Preference for a therapist with existing practice. Email your interest to claudiamartinmft@att.net or 831-915-9283.

Office share available in central Monterey 2-3 days a week-negotiable. Attractive, sunny, 440 sq. ft. space with separate waiting area. Call: Mary Pacey L.C.S.W. 647-1480.

### SERVICES

DONNA G. HEPBURN, APRN, BC  
Psychiatric Nurse Practitioner  
Adolescents and Adults  
Therapy, Medication and Holistic Management  
Pacific Grove  
203-942-0606

Prelicensed is a free resource for MFT registered interns, trainees, and students in California. We offer numerous services that are designed to help you prepare and prevail over the course of your journey to licensure.

We help MFT registered interns by locating job listings for positions that are paid and offer hours toward licensure. We help employers by promoting their job listings to our 1000+ followers and subscribers at no cost to them.

Recent job listings for the greater Monterey County region:

- **Bilingual Clinician: Child and Family Team Facilitator - Salinas, CA - Seneca Family of Agencies**
- **Bilingual Mental Health Therapist - King City, CA - Seneca Family of Agencies**

For more job listings and other free resources, visit Prelicensed! Website: <http://prelicensed.com>.

**Robin Andersen, LMFT**  
Founder of Prelicensed





## *Fierce Compassion: Setting Boundaries*



May 2, 9, 16, & 23, 2018  
Wednesday evenings, 5:30-7:00  
529 Central Ave., Ste. 201A, Pacific Grove, CA  
(Monterey Bay Meditation Studio)  
\$140 (includes Practice Guide & Journal)

*The heart does not have to close in order to define a limit.*

Setting boundaries is often challenging ...  
and it is an essential part of bringing authenticity into relationships.  
For someone to trust a “yes”, there has to be trust  
that a “no” will be spoken when that’s what’s true.

This course engages guided meditation, teaching, discussion and experiential practices  
as we discover the strength and depth of compassion that can arise in skillfully setting boundaries.

### Teacher

Marianne Rowe, MS, LMFT, is a psychotherapist, co-founder of Monterey Bay Meditation Studio,  
and founder of Mindful Education Project. She has been teaching meditation since 2006  
and facilitating relational trainings since 2011. [www.mariannerowe.net](http://www.mariannerowe.net)

Register online at [www.montereybaymeditation.com](http://www.montereybaymeditation.com)

Because class size is limited, advance registration is required. Non-attendance Policy: No refunds.



[www.montereybaymeditation.com](http://www.montereybaymeditation.com)

# Hearts DO Heal ...

Grief takes people to unknown territory, a place that demands courage, trust, community and a willingness to keep trying when one feels overwhelmed.

Please join us in a one-day Hearts DO Heal experience at the Mount Hermon Adventure Center in Santa Cruz. With expert guides, we will undertake the aerial and ropes course as a metaphor for the tenacity and bravery it takes to grieve deeply.



Scholarships  
available  
Lunch will be  
provided

**MAY 18TH • 9AM - 4PM • \$50 PER PERSON**

THERE ARE 8 SLOTS FOR ZIP LINE AND 12 FOR THE ROPES COURSE  
**ACTIVITIES:**

Carpooling to Mount Hermon in Santa Cruz

Group sessions before lunch and after participating in the course

**GROUP LEADERS:** Helen Grady and Joy Smith

**RSVP BY MARCH 23RD**

**REGISTER: CALL 831-320-1188**

**EMAIL: PAPILLON@PAPILLON-CENTER.ORG**



Papillon Center is dedicated to building healthier communities by providing compassionate, professionally led services for individuals, families and children experiencing loss and transition. Papillon is a 501(c)(3) organization that is supported by generous donations and grants.

Tax ID #46-2775961

Monterey Bay Meditation Studio invites you to:

## "Introduction to Mindfulness Meditation"

April 2, 9, 16, & 23, 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](http://www.mariannerowe.net)

**Register online at [www.montereybaymeditation.com](http://www.montereybaymeditation.com)**

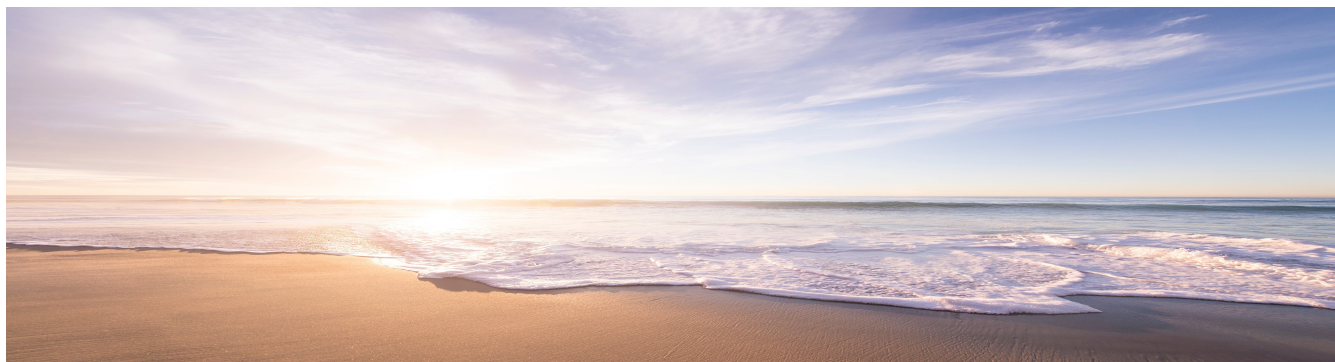
Because class size is limited, advance registration is required.

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

Non-attendance Policy: No Refunds.

[www.montereybaymeditation.com](http://www.montereybaymeditation.com)

## MONTEREY CENTER FOR MINDFULNESS & COMPASSION



### Meditation Groups:

- \* Mondays @ 5:30 - 6:20, minimally guided mindfulness and compassion meditation. FREE
- \* Wednesdays @ 11 - 11:50 guided mindfulness meditation & movement. \$10 donation

These meditation groups are offered at MCMC,  
716 Lighthouse Ave., Ste. E, Pacific Grove

\* Please email to confirm your attendance, as space is limited. Thank you.

### Classes:

Mindfulness-Based Stress Reduction (MBSR)  
Tuesdays, April 3 - May 22; Saturday, May 12, 9:30 - 3:30  
at MCMC, 716 Lighthouse Ave., Ste. E, Pacific Grove  
Contact: [RochelleHall.consult@gmail.com](mailto:RochelleHall.consult@gmail.com) (24 CEs available)

### Retreat:

Loving-kindness for Self and Others, Saturday, April 21,  
10 - 4:30 at the Asilomar Conference Grounds. 5 CEs available.

Please feel free to email if you have any questions:

\* [Meika.hamisch@gmail.com](mailto:Meika.hamisch@gmail.com)

\* [RochelleHall.consult@gmail.com](mailto:RochelleHall.consult@gmail.com)

[www.MontereyCenterforMindfulnessandCompassion.com](http://www.MontereyCenterforMindfulnessandCompassion.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***

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