



Aug/Sept 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





Do You Know What Chapter Membership Offers?

- Reduced fee for chapter events
- No cost for Continuing Education
- Announcements Forum – Email listing – to connect with fellow chapter members
- Host or attend a Member Salon event
- Reduced advertising fee
- Mentor/Mentee program
- Annual networking events
- Participate in chapter therapy directory

MC-CAMFT BOARD MEETINGS 2018

Contact Board President for meeting information.

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MC-CAMFT CALENDAR

AUGUST MEMBER SALON

Date: **Friday, August 17, 2018**
Time: **9-12pm**
Topic: **Helping Your Clients Find Focus
Managing Add/Adhd: Psychotherapeutic and Coaching Strategies**
Presenters: **Bonnie Bufkin, LMFT**
Location: **Lincoln 2NW of 7th St. (behind Cottage Restaurant), Carmel**
Cost: **Licensed & Prelicensed Members \$10**

FALL MIXER

Date: **Friday, September 21, 2018**
Time: **5-7:30pm**
Location: **Tarpys Roadhouse, Library**

OCTOBER 2018 LUNCHEON

Date: **Friday, October 19, 2018**
Time: **11:30am – 2:00pm**
Topic: **How to Make Good Therapy Even Better: An Over View of the TEAM-CBT Approach**
Presenter: **G. Katie Dashtban, Psy.D.**
Location: **Monterey Pines Golf Club 1250 Garden Rd, Monterey**
Cost: **Chapter Member \$25; Guest, Nonmember \$30; Pre-licensed \$20**



Kristine Jensen
2016/18 Board President

**2017/18 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

- Committee Chairs -

Advertising Chair
 OPEN

Continuing Education
 Camilla Mitchell
 camillamitchell831@gmail.com

Disaster Response
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 lovehealing@me.com

Legislative & Ethics
 Michael Newman 831-649-0957

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Public Relations
 Manfred Melcher
 manfredmelcher99@gmail.com

Pre-licensed
 Robin DeFilippi robindefilippi@aol.com

Website Coordinator
 Paula Donnelly pdonnelly515@sbcglobal.net

President's Message

Hello Fellow Members,

Hope you're enjoying a delightful and delicious summer. Peaches, apricots, and tomatoes—I'm eating my way through the summer all the time mindful of the firefighters and displaced families all over California—reminding us all of the preciousness of safe homes and clean air.

Meanwhile, back at the ranch--we need your talents and energy on our Board. We have several positions to fill by year-end and we're looking for folks who want to get involved and give back. You would be part of a dynamic team that supports not only our community but our profession, as well. You may be surprised that the time required can be as little 4-5 hours per month plus meetings. Can you give us that? Here is a list of the positions and a *very* brief description of duties.

Membership Chair - tracks new and potential members, sends welcome letters, etc.

Secretary - takes minutes of Board meetings, once every 2 months, finalizes minutes.

Newsletter Chair - solicits and organizes all newsletter content every 2 months.

Hospitality Chair - interfaces with venue to coordinate food, set up, audio-visual.

Webpage Chair - is trained to handle all things concerning our website. This position requires a tech-savvy person willing to learn the ropes and serve for a few years.

President Elect - works closely with the president to learn those duties and we ask for a 3-year commitment, serving subsequently as President and Past President.

Do any of these fit your interests and skill set? Give me a call or an email, contact any of our Board members, it may be your turn to step up.

Highlighting upcoming events, we have:

August 17 Bonnie Bufkin discussing ADHD and ADD in clinical practice. Members only for this Salon.

September 21 Fall Mixer at Tarpy's—our BIG MEMBER PARTY of the year. Be there!

October 19 Katie Dashtban, PhD, a CBT trainer who will share the latest methods.

Details and registration information for these events are on our website.

Did you attend the HeartMath luncheon? Many of your colleagues did—52 folks registered. This was our largest turn out in years. We are squeezing in to our venues so if you don't want to be turned away because we are at capacity, Register Early.

We appreciate all that you as members contribute to our community and we value your membership and trust in your Board.

Enjoy the remainder of summer,

Kristine Jensen, LCSW

AUGUST MEMBER SALON

HELPING YOUR CLIENTS FIND FOCUS

MANAGING ADD/ADHD:

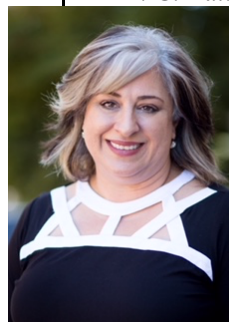
Psychotherapeutic and Coaching Strategies

This presentation will discuss the latest in screening and diagnosis of ADD/ADHD and will focus on treatment and coaching strategies. This approach combines practical management skills and therapeutic interventions.

Measurable Learning Objectives:

1. Participants will be able to screen in office for ADD/ADHD, using the KASAL screening tool.
2. Participants will be able to create an evidence-based treatment plan for ADD/ADHD with goals and interventions.
3. Participants will be able to define and discuss ADD/ADHD clinically with understanding of the biological underpinnings of the disorder for psychoeducation of clients.
4. Participants will be able to assist clients in skill-based learning for organization, time-management, focus and distractibility.

Bonnie is a licensed MFT practicing in Carmel since 2007. She graduated from Pacifica Graduate Institute in 2005. She specializes in ADHD, trauma (attachment-based EMDR and post induction therapy), adolescent treatment, addiction/codependency, chronic illness divorce, acute anxiety disorders such as panic disorders and phobias and depth-work specifically working with dreams and archetypes. She also spent many years working in the field of alternative medicine as a body worker, with deep interest in the connection/union of the physical and spiritual aspects of who we are.



OCTOBER LUNCHEON

How to Make Good Therapy Even Better:

An Overview of the TEAM-CBT Approach

Presenter: Katie Dashtban, PhD.

This workshop is intended for all clinicians and mental health professionals. We will review TEAM-CBT, a transdiagnostic and transtheoretical approach to psychotherapy.

Often there is an unspoken disagreement between the agenda of the therapists and those of the clients in terms of what should therapy include and what the goals of therapy should be. For example: an anxious client's agenda might be describing the horrors of a panic attack, while the therapist's agenda might be offering a variety of great suggestions and treatment plans that aim to treat panic disorder. But, what is often left unaddressed is whether the clients really wish to overcome their symptoms (Outcome Resistance) or whether they are willing to roll up their sleeves and engage in what it takes to overcome their symptoms (Process Resistance). In this workshop, we will review the role of (T)esting, a way to measure the vital signs of each therapy session. We will examine the differences between offering accurate (E)mpathy versus advice giving, we will examine ways to address (A)genda Setting while keeping the resistances in mind, and we will explore a variety of (M)ethods that can be incorporated in getting rid of a majority of psychological issues as well as unwanted habits and addictions. We know that the brain plays a key role in our healing work with our clients.

Dr. G. Katie Dashtban is a licensed clinical psychologist and the co-founder of Feeling Good Therapy and Training Center. Katie has been trained with Dr. David Burns, M.D. at Stanford in the TEAM-CBT approach, which is an advanced Cognitive Behavioral Therapy approach to addressing mood/anxiety issues as well as habits and addictions and relationship conflicts.

Katie has been in private practice since 2008 and has been teaching and training clinicians around the country throughout most of her career. She established Feeling Good Therapy and Training Center in

2014, promoting TEAM-CBT as its main modality of practice. She has been training pre-licensed clinicians in a supervisory position and has been hiring and training licensed clinicians in a consulting position at the Feeling Good Therapy and Training Center.

In her private practice, Katie specializes as a health psychologist, addressing issues pertaining to chronic pain, cardiac/diabetics/obesity, and reproductive complications.

Katie lives in Santa Cruz with her husband and her twin daughter/son. She enjoys motherhood tremendously, and is an eternal seeker of philosophy, wisdom and spiritual growth.

NEWS FROM CAMFT

Mental Health Loan Repayment Program Information

The application period for the Licensed Mental Health Services Loan Repayment Program opens August 1- registered or licensed Marriage and Family Therapists (in addition to other mental health professionals) can apply to receive up to \$15,000 to repay educational loans for not less than a 12-month commitment to practice and provide direct client care in an eligible site. Eligible sites include publicly funded or public mental health facilities, non-profit mental health facilities that contract with a county entity to provide mental health services, and/or designated mental health professions shortage areas. More information and the application can be found at <https://www.oshpd.ca.gov/HPEF/Programs/LMHS/PEP.html>.

This program is not affiliated with CAMFT and is a state program. Please pass this information along to chapter members, *especially pre-licensed and newly licensed members!*

COUPLES CORNER

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

The Dance of Partnership

Having just arrived home from officiating my niece's wedding in Rome, I am thinking about the significant rite of passage she and her Roman husband have stepped through. Marriage is not only a proclamation of love and commitment, it is a very real developmental shift from one phase of life to another. What I believe particularly challenging to those of us who live in America and other parts of Western culture, is that marriage invites us to transcend our sense of individualism and orient more from a place of the collective or the union. In our culture it can be challenging to balance the needs, expressions, and life trajectory of the individual with those of the relationship.

The words, "you are my love, I will share your joys and your burdens," may sound simple when standing on the nuptial altar, yet they offer a profound shift in identity when taken seriously. What might have been formally known as "your problem" or "my problem" becomes "our problem." This is the invitation to loosen the "I" identity and lean into the "We" identity. In couples counseling, we often see individuals fighting for the "I" identity or what I like to call the perspective of "married/single." Here, the ego identity is fighting to maintain itself and all the wonderful privileges of being single while butting up against the newer, collective identity of being married. Marriage is a union after all – what was formally two, come together as one. Sexual union is often less complex than psychological union.

True partnership offers us the opportunity to walk through the world with a whole new lens. We become partnership-centered rather than self-centered. We make choices based on the good of the relationship rather than the wants, needs, and desires of the individual at any given moment. Because our partner now shares our joys and our burdens, we are challenged to look at our decisions, behaviors, and habits differently. Does partnership involve sacrifice? YES! We are sacrificing the

freedom of the individual identity for a more expanded, collective identity (this is where we certainly see the value in pre-marital counseling). In an individualistic culture we are getting very close to the DANGER zone when we truly embrace the ego dissolving nature of partnership. The divorce rate in America reflects this. Why, then, would we choose to marry? As the poet Rainer Maria Rilke shares, “marriage combines the strengths and wills of two people so that, together, they seem to reach farther into the future than they did before.” Or, as Aristotle proclaimed, “The whole is greater than the sum of its parts.” Is it possible that, as humans, we have competing drives to survive as individuals and to become part of something larger than ourselves? This, I believe, is the dance of partnership. May we honor ourselves and our partners so that we remain in unison with one another as we dance through the joys and the burdens of our lives.

Excerpt from CAMFT July E Newsletter

*Message from Nabil El-Ghroury, Ph.D., CAE
Executive Director*
nel-ghoroury@camft.org | Twitter: @drnabil

Dear Members,
Last month, many immigrant families seeking asylum at the U.S.-Mexico border were separated. As Marriage and Family Therapists, members are keenly aware of the complex trauma and risk of anxiety or attachment disorders that often result from sudden or unexpected separation of children from parents. For decades it has been widely held by the mental health field that traumatic parent-child separations often result in long-term negative behavioral, psychological, and cognitive sequelae. With many of the communities and organizations, CAMFT spoke out to stop the separation of families at the border.

The CAMFT Board of Directors took action to support a petition from Child's World America (<https://childsworldamerica.org>) objecting to the separation of parents and children at the border. Additionally, the Board endorsed California

Senator Dianne Feinstein's the Keep Families Together Act and issued a press release about the emotional trauma of separation. CAMFT sent a letter to Congress in support of Feinstein's legislation which stated, “*As the federal government tackles the complicated issue of immigration reform, it must cease the “zero tolerance” policy of separating families; to allow the federal government to continue with this inhuman treatment is akin to federally instigated and condoned child abuse.*”

While this issue is still playing out in the courts with a push toward unification, many are still in need of mental health services to address their traumatic experiences. CAMFT has partnered with Give an Hour, a national nonprofit, (<https://giveanhour.org/humanitarian-crisis-support>) to connect members with opportunities to volunteer with affected families. The partnership between CAMFT and Give an Hour will harness the skills and generosity of California LMFTs who are willing to volunteer with children and families in need of help and hope during their time of distress. LMFTs who are bilingual in Spanish or indigenous languages spoken in Central America are encouraged to reach out to Give an Hour (<https://giveanhour.org>) to volunteer their services.

ARTICLES AND CONTRIBUTIONS 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**

NEWSLETTER FLYERS

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

- Introduction to Mindfulness Meditation
~ MBMS, page 7
- Shifting Gears: Mindful Flow through Change & Uncertainty
~ MBMS, page 8
- Waking Up in the Wild: Ocean
~ MBMS, page 9
- Papillon Center Services: Summer 2018 Schedule
~ Papillon Center, page 10

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:

- **Admissions Clinician: Rebekah Children's Services - Gilroy, CA**
- **Mental Health Counselor/Licensed Mental Health, Pajaro Valley Prevention & Student Assistance, Inc (PVPSA) - Watsonville, CA**

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

Robin Andersen, LMFT
Founder of Prelicensed



Monterey Bay Meditation Studio invites you to:

"Introduction to Mindfulness Meditation"

Sept. 5, 12, 19, & 26, 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.

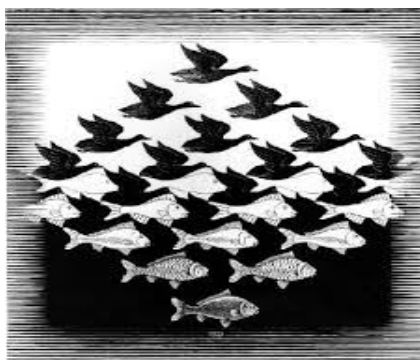
For maximum benefit, participants are requested to attend all 4 classes.

Non-attendance Policy: No Refunds.

www.montereybaymeditation.com

Monterey Bay Meditation Studio is pleased to offer:

Shifting Gears: Mindful Flow through Change & Uncertainty



August 8, 15, 22, & 29, 2018

Wednesday Evenings, 5:30 – 7:00 p.m. ~ 529 Central Ave., Ste. 201A, Pacific Grove CA

\$140 (for the four-class course; includes “Shifting Gears: Practice Guide & Journal”)

Through teachings, discussions, meditations, and creative experience, participants will explore:

- ~ the natural, personal & universal process of transition, transformation & evolution;
- ~ how changes (in health, finances, or relationship) offer opportunity for healing and growth;
- ~ specific practices to shift the contraction of fear
into an openness that supports well-being.

This course is taught by Marianne B. Rowe, MS, Licensed Marriage & Family Therapist, founder of Mindful Education Project, and co-founder of Monterey Bay Meditation Studio.

www.mariannerowe.net

To register for this course, please
Register online at www.montereybaymeditation.com



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

For maximum benefit, participants are requested to attend all classes of the course.



What would it be like to:

Hold a sense of steadiness in the midst of ever-changing external conditions;
Be present to constantly arising, moment-to-moment sensations, thoughts and emotions;
Be completely engaged and willing to be impacted by what is here;
Feel fully alive and connected with the miracle and majesty of the Pacific Ocean?

**Join us for this half-day retreat of exploration and experience:
bringing full presence of open senses, heart and mind,
surrendering to the awe of the Ocean's teachings of Waking-Up in the Wild.**

Sittin'-in-the-Waves is a meditation practice developed by Marianne Rowe.
Different from surfing, swimming or boogie-boarding,
this practice is focused on *being* rather than *doing* while in the water.
It is an amazing experience of exhilaration— of being moved, splashed and spun-around—
and reclaiming balance of the body and mind.

So, grab a wetsuit
(bring your own or you can rent one from Sunshine Freestyle Sports)
and join us for this opportunity to meditate in Monterey Bay.
After our time in the water, we'll enjoy a picnic lunch and each other,
as we share our perspectives, insights and experiences.

Sunday, September 9, 10:00 am - 2:00 pm

Asilomar Beach, Pacific Grove

\$85

(Non-participation Policy: No refunds)

This retreat is part of the "Waking Up in the Wild" series.

See www.montereybaymeditation.com for details and registration.

Facilitator: Marianne Rowe is a Licensed Marriage and Family Therapist, Meditation Teacher, and Lifelong Lover of the Ocean. She is the founder of Mindful Education Project and a founding teacher of Monterey Bay Meditation Studio.
www.mariannerowe.net



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



PAPILLON CENTER SERVICES SUMMER 2018 SCHEDULE

ON-GOING SUPPORT PROGRAMS

PET BEREAVEMENT SUPPORT PROGRAM

Open to any adult grieving the loss of an animal companion.

1st & 3rd Thursdays

TIME: 6:30pm to 8:00pm

July 5 & 19 • August 2 & 16 • September 6 & 20

PREGNANCY AND INFANT LOSS SUPPORT PROGRAM

Comprehensive support at anytime from just hearing the news to years after the loss of a baby. Topics can be tailored to the needs of those in attendance. Also open to other adult members of the family who may need support in their unique grieving.

2nd Thursdays

TIME: 6:30pm to 8:00pm

July 12 • August 9 • September 13

ADULT DROP IN BEREAVEMENT GROUP

Open to any adult experiencing grief at any time following a loss.

Every Tuesday and Wednesday evening

Wednesday group is full at this time

6:30pm to 8:00pm

Every Thursday • 10:00am-11:30am

TRANSITIONAL GRIEF SUPPORT: FROM "WE TO ME"

This program is for adults who are ready to explore a new self-identity and purpose following the death of a loved one.

4th Thursdays

TIME: 6:30pm to 8:00pm

July 26 • August 23 • September 27

SAVE THE DATE

2nd Annual Wings of Remembrance Fundraiser

Sunday, December 2, 2018 • 2pm-6pm

SPECIAL EVENTS

CALIFORNIA PIZZA KITCHEN FUNDRAISER

Pizza with a purpose! Help support Papillon Center by dining at California Pizza Kitchen and **20 percent** of each sale will go directly to us! This applies to dine in, take out catering and all beverages. You must present the event flyer in order for us to get credit for your order. This can be found online at www.papillon-center.org or at our offices.

Monday, July 9th and August 13th

11am to 9pm

California Pizza Kitchen • 1100 Del Monte Center

HEARTS DO HEAL – DAY IN THE PARK

If you or your family is grieving...a loved one, an animal companion or a child, please join us in this unique afternoon of education, connection and remembrance. Join Papillon families for lunch and an afternoon of art and music for healing. All ages.

Saturday, September 15th • 11am to 3pm

Carmel Valley Park

PAPILLON POTLUCK

People who are grieving often don't feel like eating and don't have the energy to cook. So every quarter, a bountiful table is created by Papillon participants and the doors opened to all to share a meal & conversation with one another, and then load a take home tray for the next day's nourishment.

Sunday, September 23rd • 5:30pm to 7:30pm

SOULCOLLAGE® with LISA HANDLEY

"Shine Your Inner Light" Workshop

Friday, September 7th • 10:00pm to 2:00pm

"SoulCollage® and Self-Care" Workshop

Friday, November 2nd • 10:00pm to 2:00pm

FEE: \$50 includes all materials

Register with Lisa: (831) 512-9063 or

plumeriapapercraft@gmail.com



HERE:

Papillon Center for Loss and Transition
824 Munras Avenue • Suite K and L • Monterey, CA

FOR INFORMATION AND TO

REGISTER:

Telephone: 831-320-1188

Email: papillon@papillon-center.org • Visit website: www.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



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 Ramírez
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