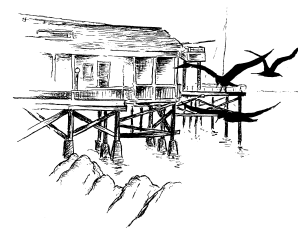




February/March 2018 Newsletter



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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➡ Flyers	pgs. 8-13

MC-CAMFT CALENDAR

FEBRUARY 2018 SALON

Date: **Friday, February 16, 2018**
Time: **1:00pm – 3:00pm**
Topic: **The Postpartum Couple**
Presenter: **Jennifer Golden, LCSW**
Contact: **831-905-7798**
Location: **16485 Carmel Rancho Blvd, #6 Carmel**
Cost: **Licensed & Prelicensed Members \$10**

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**
Cost: **Chapter Member \$25; Guest, Nonmember or
State Member \$30; Prelicensed \$20**

APRIL 2018 PRESENTATION

Date: **Saturday, April 28, 2018**
Time: **9:30am – 12pm**
Topic: **Cinema Therapy: Women and Resilience**
Presenter: **Charlyne Gelt, Ph.D.**
Location: **Carmel Rancho, Carmel**

JUNE 2018 SALON

Date: **Friday, June 8, 2018**
Time: **2:00pm – 4:00pm**
Topic: **Introduction to Mindfulness, Loving-Kindness
and Compassion**
Presenter: **Rochelle Hall, LMFT, & Meika Hamisch, LMFT**
Location: **716 Lighthouse Ave, #E, Pacific Grove**
Cost: **Licensed & Prelicensed Members \$10**



Kristine Jensen
Board President

2016/17
Board of Directors
- Officers -

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jensentherapist@gmail.com

President Elect: OPEN

Past President: OPEN

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rochellehall.consult@gmail.com

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Public Relations Chair
Manfred Melcher manfredmelcher99@gmail.com

Website Coordinator
Paula Donnelly pdonnelly515@sbcglobal.net

**PLEASE REFER TO THE CHAPTER
WEBSITE FOR MORE CONTACT
INFORMATION**

President's Message

We are off to a great start this new year with topics and presenters that will boost your clinical acumen and give you take-back-to-the-office practical skills and interventions. Beginning in February Jennifer Golden, LCSW is hosting a salon on "the Postpartum Couple"; Maren Martin, LCSW will present during a luncheon on "What's Up With Gender? Basics We All Need To Know" on March 9th. Charlyne Gelt, PhD will talk about "Cinema Therapy-Women and Resilience" in our April luncheon; Rochelle Hall, LMFT and Meika Hamisch, LMFT will host a salon in June entitled "Introduction to Mindfulness, Loving-Kindness and Compassion". And in July our lunch-learn event will feature a presentation on "HeartMath" -- which is a fascinating research-based intervention for depression and anxiety. You can read more about these events on our website. Aren't these great topics? A Big Thank You to Judy Masliyah, our Program Chair for arranging all these presentations.

We are also saying thank you to Maren Martin, LCSW who has served on our Board since 2005. Maren is refocusing her energies and will be resigning this month. We owe so much to Maren who collaborated in creating our website (can you imagine) in 2009 with Eileen Nazzaro and continues to serve as Website Chair. She has also served as Logistics Chair (all arrangements for our events) and Public Relations Chair in her 13 years of service. Maren is a cheerful, generous and talented contributor who was also part of the resuscitation team who brought our chapter back to life after it went dark in 2012. A very big thank you to Maren. We will miss you.

I'm happy to announce that we have THREE new members joining our Board! Rhaea Maurel, LCSW will be serving as our Membership Chair. Paula Donnelly, LCSW has agreed to take on Website Chair and Robin DeFilippi, LPCC will serve as our Pre-license (3000 Hour Club) Chair. Each of these women is uniquely qualified for the position they will hold and each brings a warm, creative and capable energy to our Board. I am very grateful for their willingness to contribute to our chapter and I look forward to everyone in the chapter getting to know these dynamic women as well.

Our chapter is one of the most active in the CAMFT organization. Your membership and attendance at our events matter to us. We have a 30% attendance rate at our luncheons and I'd like to see that number grow over this next year. If you have suggestions for our future programs, please let us know. If you're unhappy about something, let us know that too. And if you feel grateful to the men and women who do the work to make this chapter so vital, be sure to personally thank them. None of us can ever get enough appreciation.

With appreciation to you,

Kristine

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 counter transference 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

You can renew or join at any time. Renew and/or join on our website, www.mccmamft.net

WELCOME NEW CHAPTER BOARD MEMBERS

Below are introductions of our three new board members.

MEMBERSHIP CHAIR – Rhaea Maurel, LMFT

Rhaea Maurel is a Marriage and Family Therapist and an Artist. These two vocations are inseparable for her. She integrates the practice of Body/Mind Psychotherapy with the Creative Arts to support clients and students in expanding their imaginations and creating new visions of what is possible in their lives.



Rhaea has a private practice in Monterey. After being licensed in 1993, she created a private practice in Santa Rosa and Sebastopol, Ca. In 1999, Rhaea joined the Core Faculty of California Institute of Integral Studies, serving as the Clinical and

Administrative Director of their Somatic Clinic. There she was responsible for teaching and supervising young, blossoming therapist interns. It was rewarding and challenging work.

In 2003, she accepted an opportunity to move to Massachusetts, where she developed a consulting practice for non-profits and re-immersed herself in her practice of art, both painting and ceramics. She exhibited her work in shows and galleries.

Tired of the freezing winters, Rhaea happily returned to California in 2013 and settled here on the Monterey Peninsula, where she had grown up. She started her private practice with a Body/Mind focus, and began teaching art, both ceramics and painting to private students. Now, she also offers small classes in the Creative Arts, where students can explore different media with the intention of reconnecting to their creative spark.

Last year she completed a Yoga Teacher's Training and is now a Registered Yoga Teacher, RYT 200. Adding mindful movement and breathwork to her work with clients is proving enriching and exciting.

Rhaea strongly believes that creativity is a path that can lead us back to our essential self, back to joy. Whatever may be blocking us from this natural state of joy is simply there to teach us. Listening to our body-felt sensations and our emotions can guide us to a deeper understanding of ourselves. Thus, we find the courage to face our "teachers." We are choosing mindfulness. We start the process of letting go of resistance and begin allowing our freedom and joy. This is the gift of creative expression she is so grateful to enjoy and to share with others.

Rhaea has recently joined the MC-CAMFT board as Membership Chair. She looks forward to meeting members, both old and new alike.

PRELICENSE CHAIR – Robin DeFilippi, LMFT



I consider it a privilege to help facilitate a client's journey from dysfunctional beliefs and behaviors, to healthy ways of being in the world. My style is nonjudgmental, caring, and compassionate. I incorporate a number of different therapeutic techniques into my

practice, utilizing both talk therapy and somatic modalities. No two clients are the same, and their therapy should be tailored to the needs of the individual.

My practice encompasses a holistic approach to therapy. Caring for the psyche includes all parts that make the whole of a person. I believe it is important that mind, body, and spirit are all

functioning as healthily as possible in order to live one's best life. Issues in one aspect of a person's life can lead to concerns in other areas. I view the therapeutic process as a collaborative experience. Together we identify areas of strength and weakness, and together we create a treatment plan.

Having worked extensively with sexual abuse survivors at the Monterey County Rape Crisis Center, I provide therapy in both individual and group settings. My specialty is sexual abuse and PTSD. I have also worked in a community setting for severe mental illness, in addition to volunteer hospice experience for 5 years. I have CAADAC training in addiction counseling, and am also a certified hypnotherapist. In 2017 I co-founded a Sober Living Environment for women, and am a member of the Women's Association for Addiction Treatment. In the near future I plan to run a group focused on divorce support.

WEBSITE COORDINATOR – Paula Donnelly, LCSW



Paula Donnelly, LCSW has a private practice, with offices in Pacific Grove and Salinas. She is a relatively new MC-CAMFT member, and a brand new board member, currently

transitioning into the Website Coordinator position. Paula is originally from Boston and received her Masters in Social Work Degree from Boston University in 1987. While New England will always be a "second home," she moved to the Monterey Peninsula in 1999. Paula has been licensed in Massachusetts since 1988 and in California since 2000.

Throughout her years as a clinical social worker and therapist, Paula has worked in a variety of settings. In Boston, she initially worked with the Department of Children and Family Services and for a short time in a school for children with

special needs. Following this, she practiced in an outpatient mental health clinic for many years, and later in prison mental health, as well as private practice. After relocating to beautiful Monterey, Paula was part of the treatment team within Monterey County's Behavioral Health Department that provided therapy to the children and parents involved with the CPS system. While a very emotionally challenging position, Paula has always found public service work to be very meaningful and rewarding.

The majority of Paula's formal training was in psychodynamic therapy, a clinical orientation from which she often continues to work. Over the years though she has been trained in a number of models and incorporates a variety of therapeutic approaches into her work, including mindfulness and cognitive behavioral strategies. Currently, Paula is participating in a comprehensive Sensorimotor Psychotherapy training program. It is a somatic model she is very excited about and one she has already begun to include in her work with trauma clients.

Paula and her husband Scott, a teacher and musician, are happy to share their home with their cat, Monet, and dog, Mugsy. Mugsy is quite the sweet dog and often accompanies Paula to her therapy office. He's a very soothing presence to clients, who typically greet him before Paula! When not in the office, doing her best to help others in their healing process and life journey, Paula can often be found in the outdoors. Horseback riding, hiking with her husband or friends, walking the beach and traveling are some of her passions.

CONTACT YOUR BOARD MEMBERS

If you are interested in contacting any board member please review our website – www.mccamft.net - as well as page 2 of this newsletter.

MC-CAMFT Outreach Activity

Local Marriage and Family Therapists Share Their Career Experiences with CSUMB Psychology Students

The Psychology major at CSUMB is one of the fastest growing majors at the university, and one of the Concentration Areas offered in the major is Clinical Psychology. Assistant Professor Jennifer Lovell, Ph.D. taught the clinical course in the Fall of 2017, and she invited Licensed Marriage & Family Therapy representatives to talk to her students about the experience of being a therapist. Through our MC-CAMFT board, professor Lovell organized a panel of LMFT colleagues to share with her classes.

In December three local therapists, Christine Derr, Bonnie Rose Fernandez, and Elizabeth Ramirez presented as a panel to the two lively classes. Professor Lovell asked us all to share the experience of being a therapist including the licensing process and the various options in the profession. The classes were full of diverse young people with excellent questions. Each of us spoke briefly about our career pathways, our specialties, why we love the work and how to balance the challenges. We each offered our thoughts on what to consider when deciding on graduate school as well as the differences between LMFTs, LCSWs, Clinical Psychologists, LPCCs, Psychiatrists, etc.

We also provided the students with CAMFT materials and explained the benefits of joining a professional organization in general. It was a rich experience of connecting and sharing about the valuable and rewarding work we do!

This volunteer activity is an example of opportunities you as a chapter member can join in. If you are interested in volunteering for outreach activities such as speaking to university students, please email Elizabeth at elramirezmf@gmail.com or Bonnie Rose at bonnierosefernandezmf@gmail.com and we will pass your contact information to the appropriate people.

COUPLES CORNER

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

Why Hire Them Then Fire Them?

Most of us don't realize that when we feel the incredible pull of attraction, the incredible sense of "you feel like home" or "you finish my sentences for me," that our psyche is weaving a complex creation of both future potential and past pain.

We aren't attracted to just anybody after all. Most of us are attracted to particular people who vibrate our unconscious tuning forks and resonate with what feels familiar. In Imago Relationship Therapy, we call this our Imago. Imago translates to "image" in Latin. We fall in love with people who carry the "image" in the form of many positive and negative characteristics of our early caregivers. Another way we might think about this is that during the first five or so years of life we are taking snapshots of our family life. Later, when we find ourselves involved in partner selection, we are unconsciously scanning potential partners for who most closely fits those compiled images. Of course this potential partner rarely actually reminds us of mom or dad in appearance, personality, or taste. In my case, I married someone I was sure was the complete opposite of my father – that is until a year into the marriage.

Just as people who have been involved in a traumatic car accident are often compelled to revisit the scene, our psyche is compelled to choose a romantic partner who will trigger the unfinished business – the unhealed wounds – from childhood. I believe this is less about masochism and more about our psyche's desire to heal and consistently move toward wholeness. Who, after all, outside of our romantic partner has the power to pluck those deep and unhealed heart-strings that have been waiting for years to be able to sing?

In theory, we have hired our partner to trigger us so that this time around, we can heal. Once we move out of the honeymoon phase of relationship, however, and into the power struggle phase, the last thing we feel like doing is thanking our partner. I am consistently amazed, when working with couples, with how the unmet need in

relationship mirrors the unmet need from childhood.

Just a few of the ways this manifests are:

- The lonely and neglected boy turns into the man who complains that his wife is no longer interested in sex.
- The little girl who felt imprisoned in her home by overly protective parents becomes the woman who complains that her husband tries to control her.
- The boy who sat alone in the evenings while his single mother was at work becomes the man who resents the fact that his wife doesn't call when she is running late and won't be home on time.
- The girl who was raised by unavailable, alcoholic parents becomes the woman who is married to a man whose depression takes him away from her at unexpected intervals.

By taking the attitude of "*yep, that old childhood wound is getting triggered*" rather than "*how dare they*," we can encourage partners to take responsibility for their unhealed wounds and inner landmines. By sharing deeply about their history and their pain, partners can grow more compassionate and empathetic towards each other and choose to meet their partner's needs and requests as an act of love rather than a demand. When we choose to change what might feel like a natural or normal behavior in order to prevent triggering our partner, we showing them that they matter, that they are loved, that they are worth it, and that we are paying attention. So when our clients feel like "firing" their partner for effectively triggering them in the necessary ways, let's first explore why they "hired" their partner. This is where the good healing begins.

Like Us on Facebook!

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

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. **There are possible dates to present a Salon for the Fall 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.

- 3rd Saturdays Drop In
~ MBMS, page 8
- Awakening To Interconnection
~ MBMS, page 9
- Cultivating Peace from the Inside Out
~ MBMS, page 10
- Mindful Relating: Presence of Mind & Heart
~ MBMS, page 11
- Papillon Center: Winter Schedule
~ Papillon Center, page 12
- Dr. Schwartz presentation: Developing Intimacy with Self
~ Harmony Place, page 13

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.

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
- **Therapist** – Gilroy – Rebekah Children's Services

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

Robin Andersen, LMFT
Founder of Prelicensed



- **Mental Health Clinician** – Community Human Services at Family Service Centers in Salinas and Seaside CA
- **Domestic Violence/Anger Management Instructor** - Community Human Services – Monterey CA
- **Mental Health Counselor** – San Benito County Behavioral Health – Hollister, CA
- **Mental Health Clinician** – Alum Rock Counseling Center (ARCC) – San Jose, CA

3rd Saturday

Meditating and Relating at Monterey Bay Meditation Studio



Time to Connect with Yourself and Others

Drop-in Meditation Class

9:30-10:30 a.m. ~ \$10

Each class engages secular teaching, guided meditation practice, and discussion, focusing on a specific way of bringing mindfulness and compassion into daily life.

Jan. 20: "Living with Purpose: Finding Coherence;" Feb. 17: "Living with Heart: Opening to Vulnerability;"

March 17: "Living with Technology: Cultivating Consciousness with Screens;"

May 19: "Living with Grace: Allowing Surrender;" June 17: "Living with Resilience: Expanding Resources;"

July 21: "Living with Freedom: Transcending Habits;" Aug. 18: "Living with Creativity: Discovering Full Expression;"

Sept. 15: "Living with Truth: Accepting Not Knowing;" Oct. 15: "Living with Presence: Befriending Fear;"

Nov. 17: "Living with Spaciousness: Creating a Breathing Space"

Drop-in Mindful Relating Games

11:00 a.m. - 1:00 p.m. ~ \$20

What happens when we bring presence, authenticity and acceptance into our way of being with each other?

What happens when we practice and play together in a way that cultivates compassion and curiosity?

Come on over and find out as we engage in fun, interactive Games to cultivate mindfulness through relating.

Jan. 20: "Connecting w/Self: Inner Knowing;" Feb. 17: "Connecting w/Other: Extended Regard;"

March 17: "Connecting w/Authenticity: Transparency and Permeability;"

May 19: "Connecting w/their World: Expanded Perspectives;" June 16: "Connecting w/Humanity: Shared Reality;"

July 17: "Connecting w/Self;" Aug. 18: "Connecting w/Other;"

Sept. 15: "Connecting w/Authenticity;" Oct. 15: "Connecting w/their World;"

Nov. 17: "Connecting w/Humanity"

Classes are held at Monterey Bay Meditation Studio, 529 Central Ave., Ste. 201A, Pacific Grove, CA

These classes are facilitated by Marianne Rowe, Licensed Marriage & Family Therapist, co-founder of Monterey Bay Meditation Studio, and trained facilitator of Authentic Relating Games.



www.montereybaymeditation.com

Awakening to Interconnection:

A Paradigm Shift for Conscious Evolution

Commonweal Retreat Center, Bolinas, CA

April 19-22, 2018

*"From a transformed heart and mind comes transformed perception,
and from transformed perception comes transformed action."*

- Cynthia Bourgeault

What if we embodied a new way of being in the world?

What if we lived from love rather than from fear?

What if we based our interactions on our shared humanity rather than on differing concepts?

What if we recognized that every perspective has a piece of the Truth and no perspective has the whole Truth...and what if we listened with curiosity to hear the pieces of Truth?

What if our realization of interconnectedness made an evolutionary difference?

How would we be different, then?

How would the world be different, then?

In the community of this retreat, we find the courage to explore and deconstruct the old stories and make conscious choice in the creation of our new stories-- ones that open our hearts. Here, we connect with others from a place curiosity and compassion, choosing the path of evolution.

We invite a mode of being that is beyond personal perspective through

Creativity **Meditation** *Ritual & Ceremony*
Relating **MOVEMENT** *REFLECTION*

As the forest holds each tree and the ocean holds each wave,
we can hold the perspective of the totality as well as each single entity.

Are you ready to wake up to other ways of viewing, being with, and existing in the world?

Are you ready to accept the challenge of exploring your own worldview assumptions?

Join us!

\$1225 (\$1150 Early Reg. by March 8)

Register at bit.ly/awakeningconnection

Includes 3 nights lodging in a private room,
facilitation by four teachers, and local, organic gourmet meals.
CEU's available for LMFTs, LCSWs, LPCCs & LEPs. Provider #050097.



Cultivating Peace from the Inside Out:



Mindful Relationship with Anger, Depression & Anxiety

(Pre-requisite for this course: Completion of “Intro. to Mindfulness” or MBSR course and/or a consistent meditation practice)

March 7, 14, 21, & 28, 2018 ~~ Wednesday evenings, 5:30 – 7:00 p.m.
529 Central Ave., Ste. 201A, Pacific Grove, CA 93950
(Monterey Bay Meditation Studio)

\$140 (includes “Cultivating Peace: Practice Guide & Journal”)

Through discussion, guided meditation, & creativity,
this course focuses on mindfulness & experiential practices that:

- ❖ cultivate a sense of calm, connectedness and well-being;
- ❖ shift emotional reactivity to conscious responsiveness; and
- ❖ deepen insight and access compassion for oneself and others.

Taught by Marianne B. Rowe, MS, a Licensed Marriage & Family Therapist for over 30 years,
Founder of Mindful Education Project & Co-founder of Monterey Bay Meditation Studio.
www.mariannerowe.net

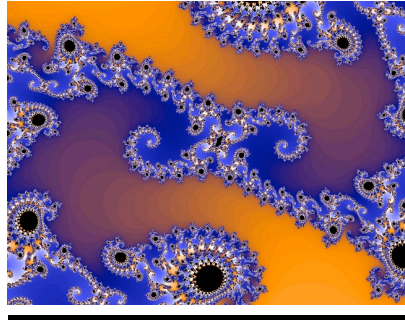
Register online at www.montereybaymeditation.com

Because class size is limited, advance registration is required. Non-participation Policy: No refunds.
For maximum benefit, participants are requested to attend all 4 classes of the course.



Monterey Bay Meditation Studio invites you to:

“Mindful Relating: Presence of Mind & Heart”



Feb. 5, 12, 19, & 26, 2018 ~~ Monday evenings, 5:30 – 7:30

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

\$140 (for the Four-Class Course, includes “Mindful Relating Practice Guide & Journal”)

~~~

Being able to be fully present without judgment or agenda in relationship:

~ cultivates connection and compassion;

~ deepens intimacy;

~ transforms conflicts into deeper understanding.

This course engages teaching, meditation, and specific practices that strengthen qualities of mindful relating.

The focus is on evolving reactive patterns into conscious relationship.

~~~

The course is taught by Marianne B. Rowe, MS,
a Licensed Marriage & Family Therapist for over 30 years,
with specialized training in Intersubjective Meditation, 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. Non-attendance Policy: No refunds.





PAPILLON CENTER SERVICES - WINTER 2018 SCHEDULE

GOOD GRIEF FOR KIDS

Age based, professionally led programming for children and teens who are grieving. Dinner provided.

Mondays:

February 5th, 12th, 19th, and 26th

TIME: 6:00pm to 7:30pm

PET BEREAVEMENT SUPPORT PROGRAM

Open to any adult grieving the loss of an animal companion. Topics may include:

- When will I feel better?
- Feeling like you heard, saw or felt your departed pet
- Did I do all I could for my pet?
- When is it time to get a new pet?

1st & 3rd Thursdays

TIME: 6:30pm to 8:00pm

Jan 4 & 18 • Feb 1 & 15 • Mar 1 & 15

PREGNANCY AND INFANT LOSS SUPPORT PROGRAM

Comprehensive support at anytime from just hearing the news to years after the loss of a baby. Topics may include:

- How Dads grieve differently
- Grandparents grieve too
- I don't have a baby, but still make breast milk
- Grief during holidays and family gatherings
- How to respond when people say hurtful or unfeeling comments
- Thinking about another baby or not wanting to think about another baby

2nd Thursdays

TIME: 6:30pm to 8:00pm

Jan 11th • Feb 8th • Mar 8th

ADULT DROP IN BEREAVEMENT GROUP

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

Every Tuesday and Wednesday evening

6:30pm to 8:00pm

Every Thursday ****NEW MORNING SESSION****

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. Topics may include:

- What is my new purpose?
- Strategies for downsizing
- How relationships change
- Creating new relationships
- Financial strategies
- how do I move forward?

4th Thursdays

TIME: 6:30pm to 8:00pm

Jan 25, Feb 22, Mar 22

SOULCOLLAGE®

Compassion for Self and Others Through SoulCollage®

Tuesday, February 27

10:00am to 2:00pm

FEE: \$50 includes all materials

PAPILLON POTLUCK

Open to adult participants from all Papillon support groups

Sunday, February 11th • 5:30pm to 7:30pm

Food for Thought Table



WHERE:

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

Clinicians Workshop in Monterey, CA

Developing Intimacy with Self

The Best Valentine's Day Topic Ever! Give Yourself the Ultimate Gift of Love!



Dr. Richard Schwartz

Author and Founder of Internal Family Systems Therapy

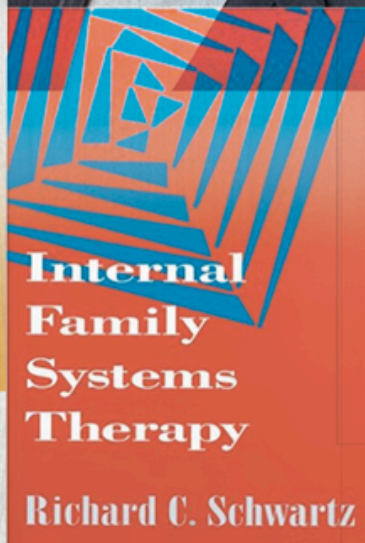
Wednesday, Feb 14, 2018

Pacific Grove Museum of Natural History

Monterey Peninsula, CA | Box lunch included

10:00 a.m. – 5:00 p.m.

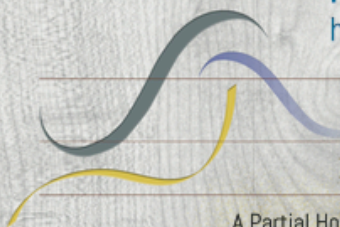
Cost: \$45



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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.

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