



# *June/July 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**

### **JUNE MEMBER SALON**

Date: **Friday, June 8, 2018**  
Time: **2 – 4pm**  
Topic: **Introduction to Mindfulness, Loving Kindness and Compassion Practices**  
Presenters: **Rochelle Hall, LMFT & Meika Hamisch, LMFT**  
Location: **Monterey Center for Mindfulness & Compassion, 716 Lighthouse Avenue, Suite #E, Pacific Grove**  
Cost: **Licensed Members \$10, Guest & Nonmember \$15**

### **JULY LUNCHEON**

Date: **Friday, July 20, 2018**  
Time: **11:30am – 2:00pm**  
Topic: **Bringing Heart and Brain Together for Healing: HeartMath Emotion Regulation Tools**  
Presenter: **Rollin McCraty, Ph.D, Director of Research, HeartMath Institute**  
Location: **Rancho Cañada Banquet Center 4860 Carmel Valley Rd, Carmel-By-The-Sea**  
Cost: **Chapter Member \$25; Guest, Nonmember \$30; Pre-licensed \$20**

### **AUGUST 2018 MEMBER SALON**

Date: **Friday, August 17, 2018**  
Time: **9:00am – 12:00pm**  
Topic: **Helping Your Clients Find Focus: Managing ADD/ADHD**  
Presenter: **Bonnie Bufkin, LMFT**

### **FALL MIXER**

Date: **Friday, September 21, 2018**  
Location: **Tarpys Roadhouse**

### **OCTOBER 2018 MEMBER SALON**

Date: **October 2018**  
Topic: **Healing Chronic Shame**  
Presenter: **Kristine Jensen, LCSW**



**Kristine Jensen**  
2016/18 Board President

**2017/18  
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## President's Message

Hello Fellow Members,

Before your calendar fills up with your summer plans, be sure to add in these upcoming events:

- June 8<sup>th</sup> - a Salon on Mindfulness, Loving Kindness and Compassion Practices with Rochelle Hall, LMFT and Meika Hamisch, LMFT
- July 20<sup>th</sup> - a luncheon on Bringing Heart and Brain Together for Healing: HeartMath Emotion Regulation Tools with Rollin McCarty, PhD, Director of Research.
- September 21 is our Fall Mixer at Tarpy's. Don't miss this bunch of fun and friendly colleagues!

We just finished our Board Retreat, a day-long planning and discussion event. We met at Pat McDermott's beautiful Spanish style home and really worked! We have a very committed board and our chapter thrives under their guidance and generous service. Thank you to all of you. We began by reviewing our accomplishments—increased memberships, great programs, lovely venues for our events, first sponsorship in years and new board members who are adding to our chapter's success.

For the next year, we are anticipating an increase in memberships, a day-long workshop with an internationally recognized speaker in the field of trauma, (Oct 2019), two new board members, stellar programs and perhaps a new website.

We always appreciate your support. Our members' and guests' attendance and participation are welcome outcomes to our Board's efforts.

Would you like to be a part of the team that keeps your Chapter rolling? We welcome and need Board members. Contact me at [jensenthapist@gmail.com](mailto:jensenthapist@gmail.com) and I'll fill you in on the details of our open positions.

Thank you, again.

**Kristine Jensen, LCSW**

## JUNE MEMBER SALON

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

**Date:** Friday June 8, 2018

**Time:** 2:00- 4:00pm

**Presenters:** Rochelle Hall and Meika Hamisch

Participants will be able to:

- Gain a basic understanding of mindfulness and loving kindness and compassion practices.
- Describe the definition of mindfulness
- Describe the definition of loving kindness and compassion.
- Summarize current research related to mental and physical health benefits of mindfulness meditation and the practice of loving kindness and compassion.

**Join us to learn more about Mindfulness,  
Loving Kindness and Compassion!**

*Rochelle and Meika founded the Monterey Center for Mindfulness and Compassion in Pacific Grove in 2016. Rochelle was trained at the UCSD Center for Mindfulness as a Qualified Instructor of Mindfulness-Based Stress Reduction. She is trained also as a narrative therapist with an expressive arts specialization and works with clients dealing with anxiety related to major life transition. Meika practices mindfulness and self-compassion focused psychotherapy. She teaches workshops related to mindfulness and compassion at UCDMC. She received Compassion Cultivation Training teacher certification from Stanford University's CCARE program. She is a certified trainer in Cultivating Emotional Balance and specializes in working with healthcare professionals dealing with compassion fatigue.*

## JULY LUNCHEON

### **Bringing Heart and Brain Together for Healing: HeartMath Emotion Regulation Tools**

We know that the brain plays a key role in our healing work with our clients.

What about the HEART? This experiential workshop will explore HeartMath, a science-based process for increasing the inner balance between heart, mind and body. Learn how to access the heart's ability for reducing stress, overwhelm, sleep issues, regulation of emotions, depression and self-contempt—all the issues our clients bring to us.

HeartMath has thousands of outcome studies to support their methodology. But, HeartMath research and application doesn't stop at creating individual well-being. HeartMath has a bigger vision. "A global shift is under way and people are sensing it involves a deeper connection with their heart." Learn how to make that connection for yourself and your clients.

This is an opportunity to experience a remarkable process for accessing your heart's intuition, creating emotional balance and tuning in to inner wisdom. You will be able to take back to your office useful exercises to help your clients with inner turmoil while they too learn how to tap into their hearts' guidance.

**Don't miss this. Register today.**

*Rollin McCraty, Ph.D. is Director of Research of the HeartMath Research Center at the Institute of HeartMath. He is also a Professor at Florida Atlantic University. A psychophysiolgist, Dr. McCraty's research interests include the physiology of emotion, with a focus on the mechanisms by which emotions influence cognitive processes, behavior, and health as well as the global interconnectivity between people and the earth's*



*energetic systems. Findings from this research have been applied to the development of tools and technology to optimize individual and organizational health, performance, and quality of life. Dr. McCraty has acted as Principal Investigator in numerous laboratory research studies examining the effects of emotions on heart-brain interactions and on autonomic, cardiovascular, hormonal, and immune system function. He has also served as Principal Investigator in a number of field studies to determine the outcomes of positive emotion-focused interventions and heart rhythm feedback in diverse organizational and educational settings as well as in various clinical populations.*

## MEMBERSHIP NEWS

by Rhaea Maurel, LMFT  
Membership Chair

I see my prime responsibility as Membership Chair to be the recruiting and welcoming new members to our local chapter. Each month, I receive a list of new members of CAMFT. When I take note of those who are local but not members of MC-CAMFT, I send an invitation to join us.

I work closely with Kristine Jensen, President and Paula Donnelly, Website Chair to resolve any issues members may experience in the process of joining or posting their website profiles, etc. We work to make your experience of being a member as effortless and enriching as possible.

As members of MC-CAMFT, you are most welcome to invite your colleagues to join our chapter. If you or they have questions, please remember I am here to help.

**MC-CAMFT wants to send out a warm welcome to the following new members.**

We hope to see you at our upcoming events, so we can greet you in person.

**Sarah Bentley, Pre-licensed Member**  
**Micheen Levee, LMFT**  
**Nicholas Barth, LMFT**  
**Brian Boles, Pre-licensed Member**  
**Jennifer Farley, Associate Member**

### Like Us on Facebook!



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

## DISASTER READINESS

*Your skills could mean the difference between hope and desperation.*

Two years ago, during the Soberanes fire, I had put out a request for therapists willing to offer free or low-cost sessions to people in crisis who were impacted by the fires.

Twenty-eight of you eagerly and generously responded, offering a variety of services! A list with your names was distributed.

Fortunately, as devastating and widespread as the fires were, loss of lives and homes was relatively minimal. Contrast that to the Sonoma fires last year, which caused far-reaching tragedy and loss in many communities,

***“If you want to be a do-gooder during a disaster, you need to get the Red Cross training NOW.”***

affecting thousands of people, many of whom were rendered homeless. The local therapist community

responded in a big way.

The Redwood Empire CAMFT chapter was the winner of the 2018 Chapter Excellence Award for Best Community Involvement and Outreach.

I reached out to learn more about their therapists' involvement and contributions in offering help and healing in their communities. As a result of the fires, the following was put into place:

- A fire response task force of 8-10 Red Cross trained therapists were able to offer immediate onsite crisis assistance.
- A community support center was set up and is still running today, with six therapists alternating Saturday afternoons in which they facilitate an ongoing 90-minute support group.
- Trauma-informed yoga and meditation classes are offered twice a week.
- A list of therapists offering 3-5 free sessions has been made available to the public.

A two-hour workshop was offered by Doreen Leeuwen, LMFT, one of their chapter members, who also happens to be a long-time Red Cross crisis responder. ***The chapter has been generous in making that recorded workshop available for FREE on their website: [recamft.org](http://recamft.org).***

I'd like to encourage you to consider becoming Red Cross trained, so that when disaster strikes in our



community, we will have a team of crisis responders ready to jump into action.

Good news! The Red Cross training is now available online, free of charge, and can be completed at your own pace. To learn more, go to the website at:

<http://www.redcross.org/become-a-disaster-mental-health-volunteer>

I will leave you with a quote from Doreen: *"If you want to be a do-gooder during a disaster, you need to get the Red Cross training NOW."*

**Carmen Martin, LMFT**

**Disaster Response Committee Chair**

## **MC-CAMFT Chapter Volunteers Welcome!**

The MC-CAMFT chapter is able to persist because of the volunteer board.

You are encouraged to contact the various board committee chairs to volunteer your skills or time. Some committees could use a hand for one-time events or specific projects as well as taking on long term duties. Please contact the committee chair to learn more about any committee you may be interested in to give of your time.

Contact information can be found on page 2 of this newsletter and on the MC-CAMFT website.

## **Therapist - Attorney Relations**

On February 24, 2018, I met with the Family Law Executive Committee of the Monterey County Bar Association. My purpose in attending the meeting was to open communication between MC-CAMFT and the local bar association regarding therapists' participation in the court system. At a meeting a couple of weeks earlier, family law attorneys had complained that there were few therapists willing to participate in family law matters. I wanted to convey some of the concerns that therapists have expressed to me to help the attorneys better understand their reluctance to be drawn into the system.

I began by explaining to them that as a person trained in both professions, I believe that each has a perspective that differs from the other. Although family law advocates purport to support the best interests of children and families, the court system is based upon advocating a point of view and winning. I was trained as a lawyer to identify problems, come up with a solution and then convince everyone to accept my conclusion. On the other hand, my training as a therapist was to help clients to become aware of their situation and assist them to come up with solutions that they can embrace.

I explained that a number of therapists had expressed a reluctance to participate in the Family Law court system because testifying about interactions with clients and offering judgments regarding their fitness were incompatible with the goals of therapy and because therapists had run afoul of the rules of a system that they did not understand. Some of the attorneys seemed to grasp how alien the court system appears to many therapists and saw value in trying to bridge the gap. Others seemed reluctant to accept the possibility that there could be more than one perspective. In any case, most of the Executive Committee felt that there was a need for dialogue to increase understanding.

***"I would appreciate hearing about therapists' experiences with the court system."***

In order to facilitate a conversation with the Family Law bar, I would appreciate hearing about therapists' experiences with the court system. Any and all responses will be confidential. I am trying to develop a better understanding of the present reality as experienced by local practitioners rather than a critique of anyone. Please send a short description of your contact with the court system and your impressions to [newmanmediation@gmail.com](mailto:newmanmediation@gmail.com).

Thank you,

**Michael Newman,**

**Legislative & Ethics Committee Chair**

## COUPLES CORNER

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

### Sourcing to Love Part 2

In the last issue, I wrote about the importance of sourcing to love rather than shame, blame, and criticism when working with couples. In this issue I want to emphasize the importance of the therapist also sourcing to love.

This means sourcing to our wholeness – our capital “S” Self – and doing the self-care practices that keep our container clear, compassionate, kind, and nonjudgmental toward ourselves and others.

To keep our container clear, we are working with projections, transferences, and all that good shadow material that is lurking around in the psyche, waiting for a circumstance to shine into the light (and dear God, may we avoid needing our clients to be this screen upon which this shadow material shines).

I believe that who we are, in our essence, is love. To do the real work – the work beyond talking about the problems – in couples therapy, I need to be emanating love. For years I have been contemplating one of the basic tenants that I learned in graduate school:

*“The presence of the therapist is the most important therapeutic tool.”*

How am I cultivating and tending my therapeutic presence? Am I seeing the core of my clients as love? Am I bringing true curiosity rather than judgment into the room? Am I resisting the pull to get caught up in the story of right and wrong? When I model this in couples counseling, the relationship between the clients begins to soften and they also source from love.

By reframing “why did you lie?” to “can you help me understand what was going on in you when you weren’t able to be honest with me?” we create an environment of inquiry and self-discovery rather than the finger pointing inquisition that can take over a couples session.

As the therapist, I am choosing to see my clients as worthy and whole rather than allowing their negative behaviors to dictate who and what they are. This, I believe, is a big part of what makes the

therapist’s presence the most important therapeutic tool. Only when the shame in one partner and the blame in the other dissipate can we do the work on healing the relational field.

Defenses are like electric windows in a car, which quickly and quite smoothly come up and down rapidly throughout the session. My job is to keep those windows down so that fresh air can clear out yesterday’s resentments and create the opportunity for connection today.

How, as therapists, are we keeping the windows of our own defenses down when clients walk into the room?

How are we vitalizing and continuously healing ourselves so that we emanate love and acceptance both inwardly and outwardly?

### 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**

### A PROMISING ADJUNCT TO CLIENTS’ THERAPY

by Rhaea Maurel, LMFT

I suppose it was just a matter of time before I blended my two passions of psychotherapy and art together. Over the years in my psychotherapy practice, I have discovered that engaging clients in the expressive arts often frees them from merely thinking and talking about their issues and allows them to approach those same issues in a different way, with a different perspective.

"Playing" with paint or clay, exploring movements, risking writing a poem, these all can open us to our Creative Spirit. When we are in a creative state, or "zone" as some know it, we have access to different perspectives and new ideas emerge.

Allowing a sense of play allows curiosity to awaken. "Playing" with clay, paint, words and music can give us the courage to experiment, to take the risk to create. Courage is needed to put that first mark on the paper, to write that first line of a poem. With practice, once back in the everyday world at work or in relationship, this new-found courage might allow one to take a new step, to see something in a new way, and to experience a new sense of freedom. My students often tell me they experience a new ease in dealing with challenges in their lives after facing challenges with their creative endeavors.

The Creative Arts help us to become more engaged with our creative spark in every aspect of our lives. It is not just about the arts or being an artist. The arts are a path to living more creative lives.

Please visit my website: [www.rhaeamaurel.com](http://www.rhaeamaurel.com) for more details or email me: [rhaeart@comcast.net](mailto:rhaeart@comcast.net) or call 831-620-2100.

## NEWSLETTER FLYERS

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

- Forest Bathing  
~ MBMS, page 8
- Going Inside: Finding Stillness  
~ MBMS, page 9
- Missing Link  
~ MBMS, page 10
- Sandplay Training with Jean Parkinson  
~ Judy Zappacosta, pages 11-12
- Shine a Light Counseling Center Services  
~ page 13

## CINEMA THERAPY

### Lady Bird – Reviewed by Charlyne Gelt, Ph.D.

*Film serves as an important therapeutic tool, offering awareness of the dynamics that perpetuate the crisis state and models of change. It is a useful agent that serves to illustrate models of resilience and transformation, look at life stories, the unconscious myth we live, and the belief systems that keep one locked in destructive patterns.*

LADY BIRD (2017) is the touching coming-of-age story of a high spirited 17-year-old high school student, Christine McPherson (Saoirse Ronan), awkwardly trying to discover herself within the suffocating confines of a middle-class 2000s Sacramento, California. Feeling like a caged bird, Christine renames herself "Lady Bird," seeking some kind of distinction.

Christine ("Lady Bird") is involved in an ongoing emotional struggle with her ambivalent, double-messaging mother Marion (Laurie Metcalf) who angrily dispenses her conventional wisdom about how Christine should conduct her life in order to achieve success and the American dream. This only serves to make Christine long to escape her family, Catholic school, church, and uninspiring home town by going to college on the east coast. She assumes the east coast will offer her the "culture" and freedom she feels is lacking in her life. Both a conformist and a rebel, Lady Bird wants to satisfy her mother's standards (which seem so impossibly high and subject to change) and find herself as a self-determined individual, true to her own desires and convictions.

Christine's father, Larry (Tracy Letts), a kindly "there but not there" father, suffers from depression for which he is on medication. He has recently lost his job which puts additional financial pressure on mother who is already working double shifts as a psychiatric nurse to keep the family above water and Christine in the private Catholic school. Mother's resentment slips out in occasional off-hand comments. The volatile intensity of the mother/daughter relationship is shown early in the movie when the two are arguing in the car (Marion is driving) when Lady Bird abruptly opens the passenger door and jumps out. She breaks her arm and writes on her bright pink cast, "Fuck you, Mom."

In school, Lady Bird goes through all the typical rites of passage with poignancy and flashes of humor: math tests, school plays, prom and homecoming, dreams and aspirations, along with experimenting with sex and alcohol. As the college admissions process looms, Lady Bird stirs her mother's rancor when, with the secret help of her father, she applies for financial aid to out-of-state colleges despite her mother's insistence that the family cannot afford for her to leave Sacramento. A defining moment occurs when Lady Bird becomes so disgusted with her mother's focus on money that she asks her for the "number" that represents the amount of money she spent raising her so that Lady Bird can pay her back and have nothing to do with her ever again.

Christine seeks far more than what her current circumstances offer her in Sacramento. Feeling like a caged bird, Christine pushes the limit and renames herself, Lady Bird. Ashamed of her home, she lies to a socially elite classmate, telling her that she lives at an address which actually belongs to her friend Danny's grandmother, just to make it appear that her family is rich. She even dumps her best friend because she isn't a part of the in-crowd, then is generously taken back and forgiven. Somehow, her flaws make her even more endearing. A school nun, who seems to understand Lady Bird's inner turmoil, refers her to an acting class where she falls in love with Danny, the lead in the musical they are rehearsing. Their relationship fizzles when she catches him making out with another boy in a bathroom stall. Danny, humiliated at being caught, cuts Lady Bird out of his life, but later approaches her to seek her understanding about his struggle with his coming out gay. Ultimately, she overcomes her anger about being deceived and generously comforts him.

Lady Bird, hoping to soothe her emptiness and inadequacy, drops out of the acting class, falls in love with a dirt-bag, wanna-be musician, Kyle, and loses her virginity to him before she realizes she is being exploited by him. In class, she shocks her classmates and teacher when she speaks her mind on taboo subjects, such as abortion, and the shape of her vagina, which results in her getting admonished by the nuns. This shakes her up. She is afraid it will go on her record and she'll end up

stuck in the same environment from which she desperately wants to take flight. She knows that in order to get accepted to an out-of-state university, she must learn to bite her tongue, even when telling the truth.

When Lady Bird finally gets accepted to an East Coast university, her mother is furious for going behind her back and gives her "the silent treatment" as punishment for days, even in route to the airport for Lady Bird's flight to New York. When they arrive at the airport, Marion says she'll wait in the car since parking is so expensive. As Lady Bird's father walks his daughter through the terminal he slips letters into Lady Bird's suitcase that were written to her by her mother who couldn't share her emotions. Marion has second thoughts, rushes to park the car and runs into the terminal, but Lady Bird has taken off. Larry holds his wife, promising that Christine will be okay and will come home again.

When Lady Bird arrives at the East Coast university, she feels overwhelmed and lonely. In her room alone, she reads the letters from her mother and is moved. At a party, she drinks herself sick, and is taken to a hospital emergency room. When released, she stops by a church's Sunday service and has an Aha! moment. She realizes that her parents aren't the only ones with flaws; that they are actually "human." Outside the church, she phones her mother and leaves a "thank you" message from "Christine."

### **Psychological Implications**

LADY BIRD holds up a mirror and reflects, with feeling and humor, the common struggles and wounds that bind us, the need for belonging, the need for security, for love and attention, and what we will do to get it. The film illustrates our heroine's coming-of-age experiences, her contradictory and confusing impulses, insecurities, self-centeredness, and her journey to evolve and mature. It also deals with acceptance and forgiveness. In the end, Lady Bird lets go of her early narcissistic beliefs, begins to value the traditions in which she was raised, and cope with feelings about how it is to journey into self-discovery, free as a bird and on her own.

### **Family Systems**



From a family systems perspective, the family has a triangulated relationship meaning Christine's role as rebel and collaborator with Dad takes the tension and stress off the marital relationship. Lady Bird acts out, Dad uses his computer to avoid conflict and retreat into depression, and Mother uses silence and cut-offs to vent her anger and control Lady Bird. Mom and Dad have a distant and conflictual marital relationship; Mother and Lady Bird are in constant conflict while Christine and Dad have a close connection and relate with empathy and understanding.

Further, the family dynamics, including the clueless smothering of a harried, over-involved mother, show the dualities of thinking, right, wrong, good, bad, my way or the highway. Mother, victimized by her own rigidity and insecurities controls the family's life, liberty and Lady Bird's pursuit of happiness. Dad plays the victim and shuts down when he should stand up and find his voice. Christine, in fear of mother's silent treatment, continuously caught off guard, works to decode mother's mixed messages. Dad, wounded, victimized, and depressed with his own issues,

colludes with his daughter's pursuit for freedom. This family systems model does not support individuality and freedom of expression; from it we learn to fear and please.

Fitting-in and coming out, most obvious with Danny who has difficulty coming out as gay, are underlying themes in Lady Bird. Christine is desperate to both fit-in socially and come out as an individual. Though not sure what it means, she is fixated on asserting her own individuality, insisting Lady Bird is her given name, in the sense that "it's given to me, by me." Both a rebel and a conformist, Lady Bird struggles to define herself while in the grips of an enmeshed personal and church family.

The main message of LADY BIRD is that growing up is a difficult and evolving process!

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*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](mailto:cgelt@earthlink.net). Her website is [www.drgelt.com](http://www.drgelt.com). Her office address is 16055 Ventura Blvd. #1129 Encino, CA 91436*



**Saturday, July 14, 2018**

**9:00 – 11:30 a.m.**

**Rip van Winkle Open Space, Pacific Grove, CA ~ \$25**

Spending quiet, contemplative time in the forest feels, in many ways, like coming home to a peaceful place inside the heart. The practice of *shinrin-yoku* ("Forest Bathing") is a form of guided nature meditation, an "immersion" into the space of trees, plants and inhabitants of the forest.

In this practice, specific invitations are offered to cultivate a deep relationship with the natural world by engaging the senses while noticing the effects of this connection on the body, heart, and spirit. Research has shown this practice to be significantly beneficial for reducing stress, strengthening the immune system, inspiring creativity, and enhancing a sense of well-being.

Join us for this gentle excursion into the woods to explore and discover ourselves in relationship with the world around us.

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

Advance Registration is Required. Cancellation Policy: No Refunds.



529 Central Ave., Ste. 201A, Pacific Grove, CA 93950 ~ [www.montereybaymeditation.com](http://www.montereybaymeditation.com)

## Going Inside:



### Finding Stillness in Daily Life

June 6, 13, 20, & 27, 2018 ~ Wednesday Evenings, 5:30 – 7:00 pm  
Monterey Bay Meditation Studio  
529 Central Ave., Ste. 201A, Pacific Grove, CA  
\$140 (for the four-class course, includes Practice Guide & Journal)

*"Being still does not mean don't move. It means move in peace." - E'yen A. Gardner*

*What if we could access an internal sanctuary that is beyond external turbulence?*

*What if we could find spaciousness in the middle of the boundaries of time?*

*What if we felt stillness underneath every movement?*

*In this course we explore how to cultivate a sense of unity and coherence as part of daily life. Through guided meditations, teachings, and experiential practices, we enhance our capacity for being in the midst of doing ... in service of feeling more deeply connected with ourselves, with others, and with our lives.*

*Whether we "go on retreat" while waiting for a red light to change or by setting aside a day (or more) for meditation, restoration, and nourishment, we can become aware of Life as a sacred space in which we breathe.*

*This course is taught by Marianne B. Rowe, MS, a Licensed Marriage & Family Therapist and a co-founder and lead teacher 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. Non-attendance Policy: No refunds.*



# The Missing Link:

## Kindness & Compassion as Keys to Healing & Transformation



Asilomar Conference Grounds, Pacific Grove, CA

Saturday, June 9, 2018; 10 a.m. – 5 p.m. ~ \$140

The integrity of connection – the quality of what is occurring in the relational field -- plays a crucial role in the outcome of personal and professional interactions and processing.

Skillfulness and desire to be of service can only go so far in catalyzing & sustaining change.

The “heart of the matter” is kind presence and compassionate attunement with oneself and with another.

In this experiential retreat, we engage guided meditation, relational practices, and mindful dialogue to awaken the heart, activating deeper connection and healing through consciousness of what is occurring in the space between us ... all in a serene setting for connection, reflection and restoration.

### The Explorations:

Lovingkindness: What it is and practices that develop it;

Compassion: What it is and practices that develop it;

Relational Presence: What it is and practices that develop it.

### The Cultivations:

The qualities that nourish healers who stay excited about their work;

The qualities that enhance connection, understanding and intimacy in all relationships;

The qualities necessary for relating and healing skills to be effective and beneficial.

### The Facilitator:

**Marianne Rowe, LMFT**, has been practicing psychotherapy in Pacific Grove since 1986 and is the co-founder of Monterey Bay Meditation Studio. As founder of the Mindful Education Project,

she has been teaching mindfulness to adults and children since 2007. Trained in intersubjective meditation in 2011, she has facilitated relational training intensives in San Francisco, Santa Cruz and at the Integral Center in Boulder, CO. [www.mariannerowe.net](http://www.mariannerowe.net)

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

Non-attendance Policy: No Refunds





## **SANDPLAY TRAINING with JEAN PARKINSON, CST**

**Saturday August 11, 2018 10:00 am- 4:00 pm**

Unitarian Universalist Congregation of Monterey Peninsula  
490 Aguajito Rd. Carmel, California 93923

**Please join the Northern California Regional Sandplay Society and STA/ISST teaching member Judy Zappacosta for a special day with Jean Parkinson, an internationally certified sandplay therapist who lives and works in Auckland, New Zealand. Come for the full day or either event separately.**



### **Morning Presentation 10:00-12:30: Sandplay Therapy in the Shaky Isles of Aotearoa New Zealand.**

Jean's presentation introduces Maori culture and traditions. See how the inner worlds created during sandplay therapy intersects with mythical and real landscapes in the sandplay process of a boy.

### **Lunch 12:30-1:30: bring a picnic lunch or find a nearby restaurant**

**Afternoon Sandplay Group Supervision 1:30-4:00:** with Jean Parkinson, CST and Judy Zappacosta, CST-T. Sandplay cases are welcome for presentation and discussion, particularly those with emphasis on clients who use the sand sculpted as landscape, with or without symbols. Group is limited to 10 students. Contact Judy Zappacosta, MFT at [zappaj@sbcglobal.net](mailto:zappaj@sbcglobal.net) to sign up to present a case for supervision.

## **REGISTRATION AND INFORMATION**

**FEE: Presentation: \$50 NCRSS or STA members, \$55 non-members.** Register on-line at [www.californiasandplay.org](http://www.californiasandplay.org). Contact [norcalsandplay@gmail.com](mailto:norcalsandplay@gmail.com) for questions or more information.

**FEE: Supervision: \$25** Register directly with Judy Zappacosta at [zappaj@sbcglobal.net](mailto:zappaj@sbcglobal.net) or 831-427- 5326.

**LATE REGISTRATION FEE:** If registering less than 6 days before the event, add \$10.

**CANCELLATION POLICY:** Full refund if cancelled up to 7 days before the event.

**EDUCATION CREDITS:** NCRSS offers 3 hrs. for the presentation toward certification as a sandplay therapist, approved by Sandplay Therapists of America. Judy Zappacosta provides 2.5 hrs. of STA group supervision hours. No other continuing education credits are available for this event.

Image from <http://www.TeAra.govt.nz/en/artwork/2444/tawhirimatea>

**PRESENTATION: *The Shaky Isles of Aotearoa New Zealand with Jean Parkinson***

Sandplay Therapy is a recognized modality used worldwide and appreciated by clinicians from many different countries. Continued training experiences through the International Society for Sandplay Therapy are offered now on most continents. There is a rich cross pollination in the work as both the universality of sandplay therapy as well as its uniqueness in different cultural settings.

This presentation explores symbolic language as it appears in the collective cultural unconscious in a sandplay process of a young boy. Many clients who come to sandplay therapy in New Zealand have lived in the same geographic areas for four and five generations. These clients carry bi-cultural influences that also interplay with culture and family history of their forebears. Follow the sandplay process of a boy who is able to reconnect with his roots and cultural origins, using the sand and symbols as the container and co-transference in his journey. Through a personal bi-cultural lens, you are invited to reflect on how cultural, mythological, historical and geographical energies embedded in our psyche may manifest in sculpted sandplay landscapes. Particular attention will be given to Maori traditions and symbols.

For it is the body, the feeling, the instincts which connect us with the soil. If you give up the past, you naturally detach from the past; you lose your roots in the soil, your connection to the totem ancestors that dwell in your soil.

*(Jung, 1989, in Sabini, p.73. The Earth has a soul.)*

Aotearoa, New Zealand presents unique geological, cultural and mythological landscapes that appear in sandplay process. Situated in the Southern Hemisphere, New Zealand comprises two main islands, the North Island, the South Island and the smaller Stewart Island. Shaky Isles or Shaky Islands is a contemporary nickname for these geologically restless landscapes characterized by extensive shorelines and waterways, rugged mountains, dense bush, active volcanoes and frequent earth tremors.

Maori were the first permanent inhabitants to make Aotearoa, New Zealand their home between approximately 900-1,000AD (Orbell, 1996). A second wave of immigrants, manuhire, (non-Maori) also arrived by sea. Arrival is an important transitional phase of the archetypal journey of immigrants. Maori culture, historic events, beliefs and legends are preserved through strong oral traditions, carving, weaving, dance, and various art forms. A respectful introduction from oral creation myths of Tangatwhenua (the first Maori inhabitants) will attempt to set a context for how geography and topography was personified and mythologized in legend.

**Jean Parkinson**, MAAT; AThR ANZATA), CST; Registered Art Psychotherapist, Certified Sandplay Therapist and Educator. Jean is an experienced therapist working with children, families and adults in private practice (Auckland). Through privileged exposure to bi-cultural Maori-Pakeha perspectives in her teaching career and now in therapeutic work, Jean has developed a reflective practice that honours the cultural unconscious. She specialises in loss and change, trauma, relational attachment. Her work is informed by Kalfian Sandplay Therapy, psychodynamic Art Therapy, Reality Therapy, and Neuropsychotherapy. <http://www.sandplayaotearoa.co.nz/>



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***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 Ramírez
<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