



# *February/March 2019 Newsletter*

## *The Monterey County Chapter*

California Association of Marriage and Family Therapists



### **Benefits to MC-CAMFT Website:**

1. **NEW WEBSITE!!** [www.mccamft.org](http://www.mccamft.org)
2. Current Member Directory
3. Classifieds page for Members
4. Chapter Board Contact
5. Specialized Forums
6. Membership Information
7. Online Newsletter
8. Networking Opportunities
9. Chapter Documents Access
10. Sponsorship Opportunities

### **FEBRUARY MEMBER SALON**

Date: **Saturday, February 9, 2019**

Time: **9:45am – 11:45am**

Topic: **Working with Gifted Clients: How and Why It Is Different, and What to Do When You Suspect You Have One**

Presenters: **MarthaElin Mountain, Ed.D.,  
MA, MFT**

Location: **26465 Carmel Rancho Blvd., #3,  
Carmel**

Cost: **\$10 Chapter Members (Prelicensed  
and Licensed)  
\$10 Chapter Member of another local chapter**

### **MARCH LUNCHEON PRESENTATION**

Date: **Friday, March 29, 2019**

Time: **11:30am – 2:00pm**

Topic: **Helping our OCD and Anxiety Disorder Clients**

Presenter: **Meg Grundy, LCSW**

Location: **Monterey Pines Golf Club 1250 Garden  
Rd, Monterey**

Cost: **Chapter Member \$25; Guest, Nonmember \$30;  
Pre-licensed \$20**

### **APRIL MEMBER SALON**

Date: **Thursday, April 18, 2019**

Time: **10am-12pm**

Topic: **Psychedelics and Mental Health**

Presenter: **Jennifer Allen, MFT**

Location: **26485 Carmel Rancho Blvd., #5, Carmel**

Cost: **\$10 Chapter Members (Prelicensed and  
Licensed)  
\$10 Chapter Member of another local chapter**

### **MAY LUNCHEON PRESENTATION**

Date: **Friday, May 3, 2019**

Time: **11:30am – 2:00pm**

Topic: **Dialectical Behavior Therapy**

Presenter: **Jared Phillips, LPC**

Location: **Monterey Pines Golf Club 1250 Garden Rd,  
Monterey**

Cost: **Chapter Member \$25; Guest, Nonmember  
\$30; Pre-licensed \$20**

### **JULY LUNCHEON PRESENTATION**

Date: **Friday, July 12, 2019**

Time: **11:30am – 2:00pm**

Topic: **Working With Your Dream World**

Presenter: **Judy Zappacosta, LMFT**

Location: **Monterey Pines Golf Club 1250 Garden Rd,  
Monterey**

Cost: **Chapter Member \$25; Guest, Nonmember  
\$30; Pre-licensed \$20**

### **SEPTEMBER LUNCHEON PRESENTATION**

Date: **Friday, TBD**

Time: **11:30am – 2:00pm**

Topic: **Identifying and Treating Toxic Shame**

Presenter: **Kristine Jensen, LCSW**

Location: **Monterey Pines Golf Club 1250 Garden Rd,  
Monterey**

Cost: **Chapter Member \$25; Guest, Nonmember  
\$30; Pre-licensed \$20**

### **OCTOBER 2019 CONFERENCE**

Date: **Friday, October 4, 2019**

Topic: **Forgiveness In Couples Therapy**

Presenters: **Michelle Gannon Ph.d., and Sam Jinich  
Ph.d.**

Location: **Monterey Tides Hotel**

Cost: **More details to come**

### **In this Issue ...**

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**Kristine Jensen**  
2016/19 Board President

**2017/18  
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- Officers -**

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jensentherapist@gmail.com

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## President's Message

The past month has been membership renewal time for many of you. To all of our renewing members, a very big thank you. Your membership dues are our primary revenue and help support all our events. We are also grateful to our members because your attendance and participation, your friendly and generous spirits, keep this chapter thriving professionally and growing in numbers.

Do you like our new website? Are you learning your way around? We are very proud of this major endeavor and hope to keep adding more and more features. Several of you have asked about how to get your announcements out. Please note that we have two ways--the Classified section and the Forums. Both Classifieds and Forums are accessed from the drop-down menu of "members".

We are feeling very excited about this year's upcoming programs. We have secured all our speakers and a majority of our Salon hosts as well. Judy Maslyiah has also begun working on our October day-long workshop. Please see the section in our newsletter that highlights these events and go to our website for more details.

How are your new year's resolutions going? Not your personal ones but your professional ones? Didn't make any? Well, it's not too late. Mine included a goal of getting my notes done at the end of each session (not over the weekend). I'm doing so-so on that one. It's hard. My second one was to subscribe to a practice management software and so I am in a free trial period with Simple Practice. State CAMFT has an agreement with this company where you can get three months for the price of one. Third was to update my forms, ask more screening questions on my intake, and become a provider for Aspire. Lastly, I made a little list of the subjects I want to learn more about and ones where I need to deepen my knowledge. Working with shame is on the forefront for me. What are your professional goals for the new year?

I hope you are entering this New Year with enthusiasm and gratitude for your opportunity to serve your clients and also appreciation to yourself that you chose a profession that makes a difference in people's lives.

All the best,  
**Kristine**

## FEBRUARY MEMBER SALON

### **Working with Gifted Clients: How and Why It Is Different, and What to Do When You Suspect You Have One**

**Date:** Saturday, February 9, 2019

**Time:** 9:45am - 11:45am

**Presenter:** MarthaElin Mountain Ed.D., MA, MFT

Participants will be able to:

- Gain a basic understanding of the unique social-emotional challenges and risks that gifted individuals face.
- Learn some of the clues to someone being gifted (vs. “smart”).
- Identify 3 MISdiagnoses that MDs and therapists often give to gifted individuals and explain why this happens.
- Describe effective ways to engage and collaborate with gifted and creative adults in a clinical setting.
- Understand when a referral or consult may be a therapist’s next step when working with a gifted client.

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*MarthaElin Mountain is a psychotherapist and a consultant who works with adults and professionals. The five core areas of treatment in her therapy practice include: Effects of trauma; Painful memories; Developmental “stuckness”; Emotional and cognitive roadblocks to thriving; Difficult adjustment to midlife, post-menopause, and elder years. In addition to her clinical practice, MarthaElin provides consultation for gifted adults, educators and other professionals, and parents of gifted children.*

*The minds of gifted adults and children have intrigued MarthaElin for the past 40 years. It was in her early years of teaching, when she was invited to develop and teach the gifted and talented program at an elementary school, that she began reading and studying the research about giftedness and how to apply it with children.*

## MEMBERSHIP NEWS

### **MC-CAMFT sends out a warm welcome to the following members**

The list below identifies the members who have added their profile on the updated chapter website: [www.mccamf.org](http://www.mccamf.org). If you notice your license type is not listed next to your name, you can update your website account any time.

Completing your profile on the updated website assists in creating a thriving chapter. Be sure to include a photo and accurate contact information.

Also, share your accomplishments (graduation, licensure, certification, conference presentation) with us so we can celebrate with you!

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

♦ Mary Sue Abernethy ♦ Charles Ahern ♦ Jennifer Allen, LMFT ♦ Samara Allen ♦ Rachel Amerault ♦ Elizabeth Andrade ♦ Tessa Aoyama ♦ Jill Babbitt ♦ Elaine Bachmann, LMFT ♦ Nicholas Barth ♦ Manjit Belanger ♦ Aline Bendeck, LMFT ♦ Ute Bender, LMFT ♦ Gail Bengard ♦ Sarah Bentley ♦ Barbara Berg, LCSW ♦ David Blasband ♦ Brian Boles ♦ Colleen Bonfiglio ♦ Suzi Brauner-Tatum ♦ Stephen Braveman, LMFT, DST ♦ Gay Brown ♦ Grace Brown ♦ Bonnie Bufkin, LMFT ♦ Abby Bukofzer, LMFT ♦ Nancy Cahalan-Stanley, LMFT ♦ Luana Calvano ♦ Nancy Carnathan-Cribbs, LMFT ♦ Diane Cassam ♦ Janis Clark, LMFT ♦ Carole Colter ♦ Elizabeth Congo ♦ Leslie Cooley ♦ Ronda Copeland, LMFT ♦ Marcia Coulter, LMFT ♦ Amelia Craig ♦ Heather Crimson, LMFT ♦ Lila Critchley ♦ Callie Dailey ♦ Kate Daniel ♦ Marguerite Dean, LCSW ♦ Robin DeFilippi ♦ Jennifer Dentici, LMFT ♦ Cristin DeVine, LMFT ♦ Phrani Diksa ♦ Amy Dineen, LMFT ♦ Margret Dockter Chee, LMFT ♦ Paula Donnelly ♦ Stephanie Dorsey ♦ Katie Dutcher ♦ Lauren Duvall ♦ Eduardo Eizner, LMFT ♦ Ann Elkin ♦ Jennifer Farley, LPCC ♦ Michelle Feliciano ♦ Bonnie Rose Fernandez, LMFT ♦ Cheryl Fernandez, LMFT ♦ Lynn Finnell, LMFT ♦ Antonia Fiske ♦ Andrea Fuller ♦ Cherisse Gage ♦ Jeanne Gavrin ♦ Leane Genstler ♦ Nadya Giusi ♦ Kevin Glenn, Trainee ♦ Brandie Gobbell ♦ Jennifer Golden, LCSW ♦ Alexandra Gonzalez ♦ Carlyne Goodwin-Hanson, LMFT ♦ Helen Grady, LMFT ♦

Suzanne Graybill, LMFT ♦ Candice Gregory ♦ Meg Grundy, LCSW ♦ Michael Guichet ♦ Rochelle Hall, LMFT ♦ Meika Hamisch, LMFT ♦ Pamela Harp ♦ Donna Harris ♦ Timothy Hartnett ♦ Caroline Haskell ♦ Donna Hepburn, Psychiatric NP ♦ Lynna Hilts ♦ Kathryn Holden Klingler, LMFT ♦ Pamela Hughes, LMFT ♦ Laurie Inman ♦ Deborah Jacroux ♦ Jeff James ♦ Kristine Jensen, LCSW ♦ Jasmin Jourdenais ♦ Tai Kang, LMFT ♦ Maria Keilman-Heublein ♦ Carolyn Kelleher, LMFT ♦ Debra Keller ♦ Larry Kerkhoff, LMFT ♦ Tom Kiatta, LMFT ♦ Ann Kihara ♦ Carol Kimbrough, LMFT ♦ Sylvia Krimsley ♦ Bernadette Kuchinsky, LCSW ♦ Brenda Lang, LMFT ♦ Tricia Lara, LMFT ♦ Kathleen Lawrence ♦ Ann Lawson ♦ Julianne Leavy, LMFT ♦ Jennifer Lee ♦ Micheen Levee ♦ Brian Lippincott ♦ Emily Lippincott ♦ Miriam Little, LMFT ♦ Janet Long, LMFT ♦ Kirstin Lyon, LMFT ♦ Cynthia Mangiola, LMFT ♦ Shirley Marien, LMFT ♦ Christine Mark-Griffin, LCSW ♦ Alita Markus, LMFT ♦ Carmen Martin, LMFT ♦ Claudia Martin ♦ Maren Martin, LCSW ♦ Judy Masliyah, LMFT ♦ Rhaea Maurel ♦ Melissa McCabe ♦ Julie McClung, LMFT ♦ Patricia McDermott, LMFT ♦ Dennis McFadden ♦ Catherine McGovern ♦ Anne McGuire ♦ Jennifer McKay ♦ Mary McKenna, LMFT ♦ Miryam Mejia ♦ Manfred Melcher, LCSW ♦ Maria Mishkind, ♦ Camilla Mitchell, LMFT ♦ Renee Monrad ♦ Maurine Moody, LMFT ♦ Laura 'Lucy' Moore ♦ Nicole Morgan ♦ Haley Morris ♦ MarthaElin Mountain, LMFT ♦ Diane Mouradian ♦ Laurie Muender ♦ David Nabhan ♦ Eileen Nazzaro, LMFT ♦ Katherine Newhouse, LMFT ♦ Michael Newman, AMFT ♦ Barrie O'Brien, LMFT ♦ Angelynn Odom ♦ Erika Olivarez ♦ Lynn Oschmann, LMFT ♦ Debra Pace ♦ Lois Panziera, LMFT ♦ Elizabeth Papa ♦ Sheri Parelskin ♦ Connie Peirsol ♦ Jared Phillips LPC ♦ Karina Pinedo ♦ Mary Beth Puri ♦ Janessa Radford ♦ Elizabeth Ramirez, LMFT ♦ Jennifer Richardson-Rossbach ♦ Ali Rodriguez, LMFT ♦ Janie Rommel-Eichorn, LMFT ♦ AnnMarie Rose, LMFT ♦ Susan Ross Emeritus ♦ Marianne Rowe, LMFT ♦ David Rubin, LMFT ♦ Carol Sand ♦ Claudia Santora ♦ Mark Schwartz ♦ Liana Shapiro-Lee ♦ David Simonds, LMFT ♦ Victoria Singer, PhD ♦ Jill Sleeper, LMFT ♦ Charlotte Smith, LMFT ♦ Sheila Smith ♦ Deborah Smith-Wotring, LCSW, MS, CRC ♦ Gabrielle Snowden, AMFT ♦ Sandra Solorio ♦ Amy Somers, LPCC ♦ Kim Spano, LMFT ♦ Sheryl Stewart, LMFT ♦ Larry Stone, LMFT ♦ Anna Swartly ♦ Judy Tatelbaum, LCSW ♦ Janet Thomas, LCSW ♦ Julia Triplett ♦ Cheryl Trotter ♦ Claudia Ulwelling ♦ Irene

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### Like Us on Facebook!

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

## 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.

## COUPLES CORNER

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

I love you but am I really listening to you?

Tending our relationship requires us to take responsibility for our behaviors and actions before there are problems. Communication is so often the source of problems, and listening is often the best solution. What would it be like if we were to share our intentions and challenges with listening with our partner, perhaps in a letter like this?

Dear lover,

The new year is upon us. My hope is that with every passing year, our relationship settles more into the depth and full capacity of love. This year I want to learn to



listen to you more. I know you would say that I listen to you, but I want to slow down and make space for your verbal and non-verbal ways of expressing yourself. I know I listen, yet my mind is busy and at times your voice is competing with the voice of my own thinking. I want to learn more to clear my mind of myself and to cross the bridge into your world. I want to receive you rather than respond to you. I want to take you in like an exotic landscape – so different from my own. Teach me more about you. As I learn to allow more intimacy – in to me see – I want to see more into you. I want to allow for your subtlety. I want to allow you to circle around with your words until you get to your point rather than impose my speedy and direct thinking habits onto you.

This year I want to listen to you the way I would listen to a new friend – with fresh ears, with curiosity – without attachment or agenda. I want to make space for you to be you – to fly in the way that only you can – even if it inconveniences me. That last thing I ever want to do is to clip your wings.

I want to listen to you the way I would listen to a holy person – knowing that the divine may slip out of your lips at any given moment. To listen to you as if I know you is to hold you hostage to my mental preconceptions. When you are free, you shine. The more you shine the more deeply I fall in love with you. I will listen with the ears of love. True love is generous. It is up to me to find ongoing ways to refill the well of my generosity so that it doesn't run dry. There is no room for competition and power struggle when my well is full.

When I listen to you in this way our relationship regains the pristine innocence of our first kiss. Loving you is a spiritual practice where I get the opportunity to bring generosity, openness, and kindness, to the forefront and ask the demands of my ego to step aside.

## 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**

## AN APA FIRST: GUIDELINES TO ADDRESS ISSUES OF MEN AND BOYS

OUT Health and Wellness

Jan. 8, 2019

By Tim Fitzsimons

For the first time in its 127-year history, the American Psychological Association has issued guidelines to help psychologists specifically address the issues of men and boys — and the 36-page document features a warning.

“Traditional masculinity ideology has been shown to limit males’ psychological development, constrain their behavior, result in gender role strain and gender role conflict and negatively influence mental health and physical health,” the report warns.

The new “Guidelines for the Psychological Practice with Boys and Men” <https://www.apa.org/about/policy/boys-men-practice-guidelines.pdf> defines “masculinity ideology” as “a particular constellation of standards that have held sway over large segments of the population, including: anti-femininity, achievement, eschewal of the appearance of weakness, and adventure, risk, and violence.” The report also links this ideology to homophobia, bullying and sexual harassment.

The new guidelines, highlighted in this month’s issue of *Monitor on Psychology*, which is published by the APA, linked this ideology to a series of stark statistics: Men commit approximately 90 percent of all homicides in the U.S., they are far more likely than women to be arrested and charged with intimate partner violence in the U.S., and they are four times more likely than women to die of suicide worldwide.

Jared Skillings, a psychologist and the APA’s chief of professional practice, told NBC News these new guidelines are intended to educate mental health professionals about the unique issues facing this patient population. The APA published a similar report about girls and women in 2007 and is expected to publish an updated version this year.

“Masculinity ideology,” Skillings said, was important to highlight because it “represents a set of characteristics that are unhealthy for men — men who are sexist or violent or don’t take care of themselves.”

The report addresses the “power” and “privilege” that males have when compared to their female counterparts, but it notes that this privilege can be a psychological double-edged sword.

“Men who benefit from their social power are also confined by system-level policies and practices as well as individual-level psychological resources necessary to maintain male privilege,” the guidelines state. “Thus, male privilege often comes with a cost in the form of adherence to sexist ideologies designed to maintain male power that also restrict men’s ability to function adaptively.”

The report argues that some of the psychological and social problems that disproportionately affect men may be in part because they are “less likely to be diagnosed with internalizing disorders such as depression, in part because internalizing disorders do not conform to traditional gender role stereotypes about men’s emotionality.” Men, the report adds, are more likely to be diagnosed with “externalizing disorders,” like attention deficit hyperactivity disorder (ADHD), which often relies on medication instead of psychological intervention.

The guidelines for psychologists outlined in the report include encouraging them to “recognize that masculinities are constructed based on social, cultural, and contextual norms”; “understand the impact of power, privilege, and sexism on the development of boys and men and on their relationships with others”; and “reduce the high rates of problems boys and men face and act out in their lives such as aggression, violence, substance abuse, and suicide.”

Skillings said parents can play a part, too. He recommended they let their boys know, “It’s OK to not be OK all the time.”

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*Tim Fitzsimons reports on LGBTQ news for NBC Out.*

## NEWSLETTER FLYERS

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

- Conscious Aging  
~ MBMS, page 8
- Cultivating Peace from the Inside Out  
~ MBMS, page 9
- Conscious Living Series: Enter Being  
~ MBMS, page 10
- Shinrin-Yoku: Forest Bathing  
~ MBMS, page 11
- Supporting Healthy Sexual Development in Children & Teens  
~ Shine A Light Counseling Center, page 12
- Job Opportunity  
~ Interim Inc., page 13
- Mindful Relating Retreat  
~ MBMS, page 14
- Unmothered Daughters Support Group  
~ Judy Maslihay, page 15

## Advertisements

### OFFICE SPACE

I am subletting my office on Tuesdays and Fridays, beginning February 1, 2019; weekends are also available. The office is bright and fully furnished, with a refrigerator available. It is located at 479 Pacific Street, Suite 8, Monterey. Street parking is generally readily available. The rate is \$250 per month for the two days. Please contact me if you are interested in a great space in downtown Monterey. (831) 521-2282 and [pdonnelly515@sbcglobal.net](mailto:pdonnelly515@sbcglobal.net)

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:

- Lead Therapist – Si Se Puede (Encompass Community Services) – Santa Cruz, CA
- Bilingual Mental Health Therapist – Kinship Center (Seneca Family of Agencies) – King City, CA
- Social Worker V Bilingual English/Spanish – Natividad Medical Center – Salinas, CA

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

**Robin Andersen, LMFT**  
Founder of Prelicensed



# Conscious Aging



## An Exploration of Becoming an Elder

(An 8-class course researched & developed by Institute of Noetic Sciences)

April 8, 15, 22, 29, May 6, 13, 20, & 27 ~ 1:00-3:00 pm

Monterey Bay Meditation Studio

(529 Central Ave., Ste. 201A, Pacific Grove)

\$295 (includes 120-page Conscious Aging workbook)

As we begin to experience the changes and challenges that arise in the experiences of mid- to later-life, we have the opportunity to deepen our understanding of ourselves, each other and the world around us.

Approaching the process of aging with consciousness and compassion offers the invitation to become more balanced and intentional through these life transitions.

The Conscious Aging program engages meditation, mindfulness, envisioning, collective discussion, and reflective journaling to cultivate shifts in consciousness -- away from self-limitation, lack, isolation, and fear -- towards expansiveness, inclusiveness, wholeness, and connection.

In this safe and supportive container, we bring respectful, mindful attention and dialogue to this process of becoming Elders.

Session topics: Self-compassion, Forgiveness, Life Review, Transformative Practices, Death Makes Life Possible, Surrender / Letting Go, and Creating a New Vision of Aging.

Facilitator: Marianne Rowe is a Licensed Marriage & Family Therapist, Founder of Mindful Education Project, and a Founding Teacher of Monterey Bay Meditation Studio. As an IONS Certified Conscious Aging Facilitator, she brings over 40 years of teaching experience and over 60 years of life experience to this opportunity to cultivate consciousness and compassion as a gift of Elderhood.

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



## Cultivating Peace from the Inside Out: Mindful Relationship with Anger, Depression & Anxiety



February 5, 12, 19, & 26 ~~ Tuesday 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”)

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

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.

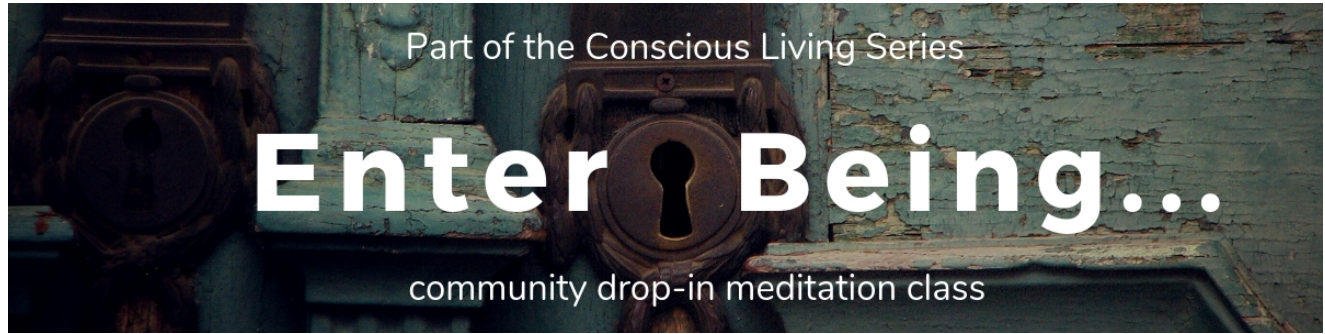
Taught by Marianne B. Rowe, MS, a Licensed Marriage & Family Therapist for over 30 years,  
Founder of Mindful Education Project & Co-founder of Monterey Bay Meditation Studio.  
[www.mariannerowe.net](http://www.mariannerowe.net)

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







**3<sup>rd</sup> Saturday (of most months) ~ 9:30-10:30 ~ \$10**  
Monterey Bay Meditation Studio, 529 Central Ave., Ste. 201A, Pacific Grove, CA

Finding authentic and meaningful connection is a human need.  
Having a sense of belonging in community is human yearning.  
In this series of Drop-in Meditation Classes we gather in community  
to cultivate the qualities of being and living that deepen  
our sense of connection ... our interbeing with all.  
Through secular teaching, guided meditation practice, and discussion,  
we explore how to enter being and to show up  
with the qualities that we want to bring into the world.  
The classes are appropriate for experienced meditators AND those new to meditation.  
All are welcome to join us in this intentional cultivation of conscious relationship.

Jan. 19: "Enter Being Present;" Feb. 16: "Enter Being Welcoming;"  
March 16: "Enter Being Vulnerable;" April 20: "Enter Being Resilient;"  
May 18: "Enter Being Aware;" June 15: "Enter Being Kind;"  
July: (No Class); Aug. 17: "Enter Being Curious;"  
Sept. 21: "Enter Being Generous;" Oct. 19: "Enter Being Gracious;"  
Nov. 16: "Enter Being Still;" Dec. 21: "Enter Being Spacious"

Classes are facilitated by Marianne Rowe, Licensed Marriage & Family Therapist,  
a founding teacher of Monterey Bay Meditation Studio  
and trained facilitator of Authentic Relating.

For more info about the Conscious Living series,  
go to: <https://www.montereybaymeditation.com/conscious-living/>





**Saturday, March 17, 2019**

**10:00 a.m. – 1:00 p.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)



## SUPPORTING HEALTHY SEXUAL DEVELOPMENT IN CHILDREN & TEENS

*Saturday Feb. 23, 9:30am-2:30pm*  
*Resource Center for Non-Violence, Santa Cruz*

Facing the realities of a child's sexuality can be a challenge for families in the best circumstances. As therapists, families turn to us for guidance but most of us did not receive ANY education in childhood sexual development. Sex positive-therapy for our lifespan means focusing on ways to support parents to clarify and articulate their own ethics, fears, and hopes regarding their children's sexuality, while advocating for our youth to discover their own diverse questions and choices.

This workshop will discuss developmental sexuality in the context of our modern life so that we can help parents be positive and proactive as their children grow into adulthood and will outline some of the current topics families may face such as, masturbation, porn, consent, gender, STDs, birth control, abstinence. Legal and ethical issues of confidentiality and assessment of sexual abuse & misconduct will be addressed.

### Learning Objectives

- \*Learn to recognize and assess eight common healthy sexual developmental markers in childhood.
- \*Learn four therapeutic tools for helping parents communicate effectively about sexual concerns & values
- \*Identify four common myths about childhood sexuality and explore commonly associated countertransference issues.

**Instructor : Melissa Fritchle, LMFT (CA #48627)** is a licensed marriage & family therapist in private practice in Santa Cruz, Ca. She writes on healthy relationships & sexuality. Melissa is an international educator & speaker & Clinical Supervisor at Shine a Light Counseling Center.

### Registration

Online at [www.shinealight.info](http://www.shinealight.info)  
 Heading: For Therapists

### \$80

Refunds of \$50 up to 3 days prior to event

### 4 CEU Hours

Course Completion certificates will be awarded at the end of the course in exchange for a completed evaluation form. Course meets the qualifications for 4 hours of continuing education credit for LMFT's, LCSW's, LPCC's and LEP's as required by the California Board of Behavioral Sciences.

### Accommodations

To request accommodations for special needs, please email the Program Administrator at [tim@shinealight.info](mailto:tim@shinealight.info)

### Grievances

To obtain the grievance policy or report a grievance please email [Tim@shinealight.info](mailto:Tim@shinealight.info) or call 831-996-1222



Shine a Light Counseling Center (Provider #-143265) is approved by the California association of marriage and family therapists to sponsor continuing education for lmft's, lcsw's, lpcc's. Shine a Light maintains responsibility for program & content.



JOIN OUR  
**TEAM**

## WE'RE HIRING!

EXPLORE YOUR CAREER PATH AND MOVE YOUR CAREER TO THE NEXT LEVEL.

### ABOUT US

Interim, Inc. is a private nonprofit organization that provides a unique combination of support services, housing and treatment for adults with mental illness in Monterey County.

Interim provides a nurturing environment where you will be able to develop your career as well as give back to your community.

## NEW PROGRAMS...NEW POSIBILITIES!

### **ASSERTIVE COMMUNITY TREATMENT (ACT)** **Welcoming & Engagement Team**

Serving adults with serious mental illnesses and/or serious functioning impairments who meet ACT/FSP level of care. The ACT team brings community based mental health services to consumers who are underserved and unable to access or effectively utilize office-based treatment to meet their mental health needs to individuals residing in Salinas and South Monterey County areas. **Required:** Bilingual in Spanish.

### **TRANSPORTATION COACHING** **by Wellness Navigators Program**

Serving adults with serious and persistent mental illness in meeting their transportation needs and develop skills to become more independent. The Transportation Coaching services will ensure clients are able to learn the public transit system and help reduce barriers associated with using this public system and provide peer support services to encourage increased recovery.



To learn more about Interim, Inc. and how to apply for this position, please go to our website: <http://www.interiminc.org/employment>  
[www.interiminc.org](http://www.interiminc.org)



## The Mindful Relating Retreat: Connecting with Presence, Compassion & Authenticity



Saturday, February 2 ~ 10:00 am – 5:00 pm  
Asilomar Conference Grounds; Pacific Grove CA

**\$140** (includes Practice Guide & Journal)

(Non-attendance Policy: No refunds.)

What happens when there is a relational field in which  
there is genuine curiosity, willingness to engage, and sense of safety?

What happens when there is the opportunity to speak  
what *really* matters to someone who *really* listens?

How does it happen that you can learn about yourself  
as you are learning about someone else?

Being present, attuned and accepting are fundamental qualities of mindfulness.

They are also fundamental qualities of deep relationship.

Being awake to what is happening is a fundamental quality of awareness.

It is also a fundamental quality of authentic connection.

Through guided meditations, relational games and mindful interactions,  
we will explore what it's like to be right here, right now, together ...

Discovering, exploring and celebrating connection at a deeper level.

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

Trained intensively in relational practices, Marianne has facilitated retreats and courses  
in San Francisco, Monterey, and Boulder CO. [www.mariannerowe.net](http://www.mariannerowe.net)

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



GROUP THERAPY  
UNMOTHERED DAUGHTERS

A THERAPEUTIC GROUP FOR WOMEN WHO WERE UNMOTHERED DUE TO THEIR MOTHER'S ABUSE, NEGLECT, EMOTIONAL ABANDONMENT, MENTAL ILLNESS, ADDICTION AND OTHER FACTORS.

ISSUES OF FOCUS

THE IMPACT ON YOUR LIFE  
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TRUST  
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BETRAYAL  
FEMALE IDENTIFICATION  
COPING STRATEGIES  
ACKNOWLEDGING THE GRIEF AND LOSS  
MAKING IT ON YOUR OWN

A TWO-HOUR GROUP, 12 WEEKS, \$50 PER WEEK  
INSURANCE REIMBURSEMENT ALLOWED  
REFERRALS ACCEPTED FROM PRIMARY THERAPIST  
CALL FOR STARTING DATE AND SCREENING INTERVIEW

JUDY MASLIYAH, M.A. MFT  
550 CAMINO EL ESTERO, 203  
MONTEREY, CA 93940  
831-649-3326



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

***MC-CAMFT***  
***Mission Statement***

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

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

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