



April/May 2019 Newsletter

The Monterey County Chapter

California Association of Marriage and Family Therapists



Benefits to MC-CAMFT Website:

1. **NEW WEBSITE!!** 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

APRIL MEMBER SALON

Date: **Thursday, April 18, 2019**
Time: **10am-12pm**
Topic: **Psychedelics and Mental Health**
Presenter: **Jennifer Allen, MFT**
Location: **1069 Broadway Ave., Seaside,
BREAKTHROUGH Center**
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, September**
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 Training for Therapists**
Presenters: **Michelle Gannon Ph.d., and Sam Jinich
Ph.d.**
Location: **Tides Hotel 2600 Sand Dunes Drive
Monterey**
Cost: **More details to come**

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Kristine Jensen
2016/19 Board President

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President's Message

"It's Spring and our Chapter is cooking. And the fire is our members. Thank you to all of you who attend our events and renew your membership. Our wonderful Board counts on you. You, in addition to our fantastic Board, are the life energy of the chapter." This is the message I wrote a year ago, Spring of 2018 and it's still true as ever!

Are you taking full advantage of your membership? Do you have your profile up for "Find a Therapist" on our website? Are you signed up for our upcoming events? We have some great topics and presenters.

Looking back for a minute, MarthaElin Mountain, LMFT hosted a very informative Salon on "Working with Gifted Clients." This is a topic dear to MarthaElin and with a background in education and mental health, her information and handouts were excellent. Thank you, MarthaElin.

By the time you read this, Meg Grundy, LCSW will have present to a sold-out house on working with OCD clients. We are very proud to have such expertise in our community!

April 18, a Thursday, Jennifer Allen will host a Salon on Psychedelics in Mental Health. Are you signed up? If not, you better get on it. This topic is so hot that Jennifer had to find a larger venue : Breakthrough offices in Seaside. In addition, we decided to open up the Salon to non-chapter members, as well. As of this writing, we have 22 registered.

Jared Phillips, LPC will be back on May 3rd for our luncheon event talking about Dialectical Behavioral Therapy in private practice. Jared hosted a salon last year that was so informative that Judy Masliyah asked him to present at a luncheon. Jared had worked at a DBT clinic and is very knowledgeable about translating those principles into our everyday work with clients. Smack in the middle of summer, Judy Zappacosta will take us into our dreams as a way to enter our inner psyches. Judy has so much knowledge and training in working in symbolic realms.— July 12. We are honored to have her.

There's more of course, so stay tuned. We have a big event in October and a Holiday Party in December. More about those later!

Enjoy these beautiful days and I'll see you soon.
Kristine

APRIL MEMBER SALON

Psychedelics in Mental Health: Hope is on the Way!

Date: Thursday, April 18, 2019

Time: 10am – 12pm

Presenter: Jennifer Allen LMFT

Location: 1069 Broadway Ave., Seaside,
BREAKTHROUGH Center

SPACE IS LIMITED. REGISTER SOON!

*Also open to Associate Mental Health Providers
and Licensed Members of other chapters*

What you don't know can hurt your clients.

This is likely all new information and a new paradigm for most therapists as it is very new to the field all together. Only 4 therapists in our area have been trained in this; however, the implications for therapists in the next couple of years regarding how clients will be treated and how that treatment impacts the way we orient to our work will impact most therapists.

In this 2-hour course, we will cover a lot of new information about the two psychedelic drugs: MDMA and psilocybin that are currently being studied with promising success for PTSD and a myriad of other mental health issues.

Our country has a complicated history with psychedelics that cost us four decades of research and relief for so many who have suffered. With the tenacity of some passionate visionaries and researches—and a lot of private funding, there is a light at the end of the tunnel... and that is no hallucination!

Participants will be able to:

- Describe one neurobiological component of what happens in the brain with psychedelics.
- Summarize the history of psychedelic use in mental health in the U.S.
- Discuss results of at least 2 current psychedelic research studies.
- Discuss implications for paradigm shift on how we treat mental health issues with psychedelics

- Define FDA breakthrough status for a new drug.
- List the 2 psychedelics that currently have breakthrough status and list what mental health issue each treats.
- Describe Expanded Access and what it means to clients with PTSD.
- List at least 3 competencies that psychedelic therapists must have.

About the Speaker

Consciousness and creativity have been the ground to Jennifer Allen's professional and personal endeavors. Using art therapy, play, focusing, EMDR and Natural Processing, in her clinical practice of 18 years, she specializes in trauma and grief of both young and old. Outside of her practice, Jennifer has published Bone Knowing and Cinnamon Roll Sundays — an adult and a children's book on anticipatory grief. In addition, Jennifer's art process and grief workshops have been offered at Esalen and other local venues. Recently, she has developed a workshop with colleague, Meika Hamish, exploring and cultivating wisdom from the non-ordinary states of dreaming, Shamanic journeys, and creativity.

Just as Jennifer was initially thrilled to realize there was a field that combined psychology and creativity through Art Therapy, she now holds similar passion for the potential implications of the certificate program she recently completed through California Institute of Integral Studies in Psychedelic Assisted Therapy and Research. She has some exciting relevant news to share with us about the hope of this new/old cutting edge of mental health: psychedelics!

Jennifer hopes to participate in Expanded Access clinics treating clients with PTSD using MDMA as this potential unfolds in the next year and meanwhile, she offers somatic art therapy sessions for integrating non-ordinary state experiences.

MEMBERSHIP NEWS

MC-CAMFT sends out an applause to the following members

The list below identifies the **89 members** who have updated their profile on the new chapter website: www.mccamf.org.

If you are not on this list, sign in to your MC-CAMFT account and fill in the missing information. Completing your profile on the updated website creates a thriving chapter. Be sure to include a photo and accurate contact information.

Mary Sue Abernethy, LMFT ♦ Jennifer Allen, LMFT ♦ Elaine Bachman, LMFT ♦ Aline Bendeck, LMFT ♦ Barbara Berg ♦ Stephen Braveman, LMFT ♦ Grace Brown, LMFT ♦ Bonnie Bufkin, LMFT ♦ Nancy Calahan-Stanley, LMFT ♦ Nancy Carnathan-Cribbs, LMFT ♦ Lara Clayton, LMFT ♦ Leslie Cooley, PhD ♦ Ronda Copeland, LMFT ♦ Marcia Coulter, LMFT ♦ Heather Crimson, LMFT ♦ Robin Defilippi, LPCC ♦ Jennifer Dentici, LMFT ♦ Cristin DeVine, LMFT ♦ Amy Dineen, LMFT ♦ Margaret Dockter Chee, LMFT ♦ Daniel Dryden, AMFT ♦ Eduardo Eizner, LMFT ♦ Jennifer Farley, LPCC ♦ Bonnie Rose Fernandez, LMFT ♦ Lynn Finnell, LMFT ♦ Jennifer Golden, LCSW ♦ Carlyne Goodwin-Hanson, LMFT ♦ Helen Grady, LMFT ♦ Suzanne Graybill, LMFT ♦ Meg Grundy, LCSW ♦ Rochelle Hall, LMFT ♦ Meika Hamisch, LMFT ♦ Kathryn Holden Klingler, LMFT ♦ Jeff James, LMFT ♦ Kristine Jensen, LCSW ♦ Jasmin Jourdenais, LMFT ♦ Tai Kang, LMFT ♦ Carolyn Kelleher, LMFT ♦ Larry Kerkhoff, LMFT ♦ Tom Kiatta, LMFT ♦ Carol Kimbrough, LMFT ♦ Brenda Lang, LMFT ♦ Julianne Leavy, LMFT ♦ Micheen Levee, LMFT ♦ Miriam Little, LMFT ♦ Kirstin Lyon, LMFT ♦ Cynthia Mangiola, LMFT ♦ Christine Mark-Griffin, LCSW ♦ Carmen Martin, LMFT ♦ Maren Martin, LCSW ♦ Judy Masliyah, LMFT ♦ Rhaea Maurel, LMFT ♦ Julie McClung, LMFT ♦ Mary McKenna, LMFT ♦ Camilla Mitchell, LMFT ♦ Renee Monrad, LMFT ♦ Maurine Moody, LMFT ♦ MarthaElin Mountain, LMFT ♦ Eileen Nazzaro, LMFT ♦ Michael Newman ♦ Barrie O'Brien, LMFT ♦ Elizabeth Ramirez, LMFT ♦ Ali Rodriguez, LMFT ♦ Janie Rommel-Eichorn, LMFT ♦ AnnMarie Rose, LMFT ♦ Susan Ross ♦ Marianne Rowe, LMFT ♦ Davie Rubin, LMFT ♦ Mark Schwartz, LMFT ♦ Liana Shapiro-Lee, LMFT ♦ Victoria Signer, PhD ♦ Jill Sleeper, LMFT ♦ Amy Somers, LMFT ♦ Kim Spano, LMFT ♦ Larry Stone, LMFT ♦ Judy Tatelbaum, LCSW ♦ Janet Thomas ♦ Cheryl Trotter, LMFT ♦ Irene Valverde, LMFT ♦ Mary Welschmeyer, LMFT ♦ Susan West, LMFT ♦ Diane Whelan, LMFT ♦ Christina Whitton, LMFT ♦ Susie Winn, LMFT ♦ Judith Wolfe, LCSW ♦ Patricia Wolff, LMFT ♦ Stacey Wood, LMFT ♦ Judy Zappacosta, LMFT

MC-CAMFT Website News: Join a Forum!

If you are interested in ongoing discussions with your colleagues on a specific topic, be sure to make use of the forums. They are essentially a listing of messages you can participate in. You may already be receiving messages through the Announcements Forums.

Here is an example of some current messages:

ANNOUNCEMENTS FORUM

Chapter and member announcements and notices

CREATE TOPIC

✓ [Subscribed \(Unsubscribe\)](#)

Topic

Last message



[News/Announcements Forum Policy](#)

[16 Mar 2019 3:44 PM](#)

Judy Masliyah (Administrator)

[March 23, 2019 Law and Ethics](#)

[16 Mar 2019 6:20 PM](#)

Judy Masliyah (Administrator)

[Seeking rec's for a tax preparation person](#)

[10 Mar 2019 9:07 PM](#)

Judy Masliyah (Administrator)

[Free Books!](#)

[10 Mar 2019 1:41 PM](#)

Maren Martin

To participate in forums, log on to your MC-CAMFT website profile. Click on the “Members” page, scroll to “Forums” to select the specific forum:

MEMBERS ▼
ADVERTISERS & SPONSORS ►
ABOUT ►

MEMBERSHIP DIRECTORY
DOCUMENTS
BOARD MEMBER DOCUMENTS
FORUMS ►
PRE-LICENSING FORUMS ►

ANNOUNCEMENTS FORUM
CHILD THERAPY FORUM
3000 CLUB FORUM
BOARD FORUM

You will notice we currently have four active forums.

3000 CLUB FORUM

Forum for Pre-Licensed and Newly Licensed chapter members

CREATE TOPIC

✉ [Subscribe to forum](#)

This forum is empty.

You will know if you are not subscribed to the forum when the “[Subscribe to forum](#)” wording appears as in the above example.

This can be a very meaningful benefit to your membership. Contact board president, Kristine Jensen, if you are interested in starting a forum that meets your needs.

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.

There are various committees needing a lead.

Contact the Kristine Jensen, board president, if you are interested in volunteering.

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



Like Us on Facebook!

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

COUPLES CORNER

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

The Question of Dopamine

“Never before have our expectations of marriage taken on such epic proportions. We still want everything the traditional family was meant to provide – security, children, property and respectability – but now we also want our partner to love us, to desire us, to be interested in us. We should be best friends, trusted confidants, and passionate lovers to boot. The human imagination has conjured up a new Olympus: that love will remain unconditional, intimacy enthralling, and sex oh-so-exciting, for the long haul, with one person. And the long haul keeps getting longer.”

Esther Perel, *The State of Affairs: Rethinking Infidelity*

What I like about Esther Perel is that she asks the dangerous questions, that she isn't afraid to upset the apple cart when it comes to the well-loved and well-protected institution of marriage. How many of us have wondered, while working with a couple, if the problem was less about the relationship and more about the ideals of the relationship? Have our imaginations (with the help of the media) created an “Olympus” that is rarely attainable?

“Contained within the small circle of the wedding band are vastly contradictory ideals. We want our chosen one to offer stability, safety, predictability and dependability – all the anchoring experiences. And we want the very same person to supply awe, mystery, adventure, and risk. Give me comfort and give me edge. Give me familiarity and give me novelty. Give me continuity and give me surprise.”

Esther Perel, *The State of Affairs: Rethinking Infidelity*

Quite frankly, we want it all. Whether or not the “Olympus” model is attainable, this seems to be the working model of marriage in our modern culture. Because the human brain habituates so quickly, it doesn't take long before we feel that we really know our partner. The knowing itself can curb the erotic spark which is fed by the fire of the unknown,

the mysterious, and even the unattainable. I have worked with quite a few couples who report that the marriage immediately took a nose dive after the wedding.

If we are inclined to look at behaviors from the perspective of the chemicals in the brain, we would see this conflict as the dance between oxytocin (the cuddle hormone) and dopamine (the excitement hormone). The way I conceptualize this is that, with time and certainly with the addition of children, relationships seem to become more oxytocin dominant and it is easy to fall into a comfortable routine of affection and division of labor. If too much time passes, however, one or both partners may feel that the relationship (and life) has become monotonous and, although the love is there, the feelings of being “in-love” may be subsiding.

This is a sign for me to start working with the couple to create experiences that generate dopamine. Novelty is the best guide. To regain feelings of excitement and edginess, we must move towards the unknown. Surprises and surprise dates are great ways to coach couples on inserting dopamine. What isn't exciting about a surprise? Creating novel experiences (including erotic dates) and going to novel places can balance the oxytocin/dopamine dynamic in the relationship. I encourage individuals to take the time to really track the things that bring their partner pleasure and enjoyment and to plan surprises and surprise dates accordingly.

This may take real commitment, especially when raising young children. I believe it will be well worth it, however, when it comes to long-term happiness in the marriage. Given the “Olympus” model of marriage, we must resist complacency and use our creativity to show up with as much of our dynamism as we can provide. Even though the expectations on marriage/partnership have grown to epic proportions, this is certainly a worthy place to show up in our wholeness and to allow ourselves to be known while continuing to dig deeply into the unknown.

A NEW WAY FOR THRAPISTS TO GET INSIDE HEADS: Virtual Reality

New York Times, Technology Section
<https://www.nytimes.com/2017/07/30/technology/virtual-reality-limbix-mental-health.html>

By Cade Metz

July 30, 2017

SAN FRANCISCO — Dawn Jewell recently treated a patient haunted by a car crash. The patient had developed acute anxiety over the cross streets where the crash occurred, unable to drive a route that carried so many painful memories.

So, Dr. Jewell, a psychologist in Colorado, treated the patient through a technique called exposure therapy, providing emotional guidance as they revisited the intersection together.

But they did not physically return to the site. They revisited it through virtual reality.

Dr. Jewell is among a handful of psychologists testing a new service from a Silicon Valley start-up called Limbix that offers exposure therapy through Daydream View, the Google headset that works in tandem with a smartphone.

“It provides exposure in a way that patients feel safe,” she said. “We can go to a location together, and the patient can tell me what they’re feeling and what they’re thinking.”

The service recreates outdoor locations by tapping into another Google product, Street View, a vast online database of photos that delivers panoramic scenes of roadways and other locations around the world. Using these virtual street scenes, Dr. Jewell has treated a second patient who struggled with anxiety after being injured by another person outside a local building.

The service is also designed to provide treatment in other ways, like taking patients to the top of a virtual skyscraper so they can face a fear of heights or to a virtual bar so they can address an alcohol addiction.

Backed by the venture capital firm Sequoia Capital, Limbix is less than a year old. The creators of its new service, including its chief executive and co-

founder, Benjamin Lewis, worked in the seminal virtual reality efforts at Google and Facebook.

The hardware and software they are working with is still very young, but Limbix builds on more than two decades of research and clinical trials involving virtual reality and exposure therapy. At a time when much-hyped headsets like the Daydream and Facebook's Oculus are still struggling to find a wide audience in the world of gaming — let alone other markets — psychology is an area where technology and medical experts believe this technology can be a benefit.

As far back as the mid-1990s, clinical trials showed that this kind of technology could help treat phobias and other conditions, like post-traumatic stress disorder.

Traditionally, psychologists have treated such conditions by helping patients imagine they are facing a fear, mentally creating a situation where they can address their anxieties. Virtual reality takes this a step further.

“We feel pretty confident that exposure therapy using V.R. can supplement what a patient's imagination alone can do,” said Skip Rizzo, a clinical psychologist at the University of Southern California who has explored such technology over the past 20 years.

Barbara Rothbaum helped pioneer the practice at the Emory University School of Medicine in Atlanta, and her work spawned a company called Virtually Better, which has long offered virtual reality exposure therapy tools to some doctors and hospitals through an older breed of headset. According to one clinical trial she helped build, virtual reality was just as effective as trips to airports in treating the fear of flying, with 90 percent of patients eventually conquering their anxieties.

Such technology has also been effective in treating post-traumatic stress disorder among veterans. Unlike treatments built solely on imagination, Dr. Rothbaum said, virtual reality can force patients to face their past traumas.

“PTSD is a disorder of avoidance. People don't want to think about it,” she said. “We need them to be engaged emotionally, and with virtual reality, it's harder for them to avoid that.”

Now, headsets like Google's Daydream, which works in tandem with common smartphones, and Facebook's Oculus, the self-contained \$400 headset that sparked the recent resurgence in virtual reality technologies, could potentially bring this kind of therapy to a much wider audience.

Virtually Better built its technology for virtual reality hardware that sold for several thousands of dollars. Today, Limbix and other companies, including a Spanish start-up called Psious, can offer services that are far less expensive. This week, Limbix is beginning to offer its tools to psychologists and other therapists outside its initial test. The service is free for now, with the company planning to sell more advanced tools at some point.

After testing the Limbix offering, Dr. Jewell said it allowed patients to face their anxieties in more controlled ways than they otherwise could. At the same time, such a tool can truly give patients the feeling that they are being transported to a different locations — at least in some cases.

Standing atop a virtual skyscraper, for instance, can cause anxiety even in those who are relatively comfortable with heights. Experts warn that a service like the one offered by Limbix requires the guiding hand of trained psychologists while still in development.

Limbix combines technical and medical expertise. One key employee, Scott Satkin, is a robotics and artificial intelligence researcher who worked on the Daydream project at Google. Limbix also works with its own psychologist, Sean Sullivan, who continues to run a therapy practice in San Francisco.

Dr. Sullivan is using the new service to treat patients, including a young man who recently developed a fear of flying, something that causes anxiety simply when he talks about it. Using the service alongside Dr. Sullivan, the young man, who asked that his name be withheld for privacy reasons spent several sessions visiting a virtual airport and, eventually, flying on a virtual plane.

In some ways, the young man said, the service is still less than perfect. Like the Street View scenes Dr. Jewell uses in treating her patients, some of this virtual reality is static, built from still images. But

like the rest of the virtual reality market, these tools are still evolving toward more realistic scenes.

And even in its current form, the service can be convincing. The young man recently took a flight across the country — here in the real world.

Follow Cade Metz on Twitter @CadeMetz.

A version of this article appears in print on July 30, 2017, on Page B1 of the New York edition with the headline: Therapy in a Dose of Illusion.

ARTICLES AND CONTRIBUTIONS INVITED

Make sure our newsletter reflects your experience as a clinician in our chapter. Contribute to your newsletter through:

**Book Reviews --- Opinions --- CEU Experience --
- Events -- Clinical Expertise --- Announcements -
-- Successes**

**Or other relevant information
Contact Elizabeth L Ramirez,
Newsletter Editor**

NEWSLETTER FLYERS

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

- Conscious Aging
~ MBMS, page 9
- Fierce Compassion
~ MBMS, page 10
- Finding Wonder in Your Own Backyard
~ MBMS, page 11
- Forest Bathing
~ MBMS, page 12
- Integral Living
~ MBMS, page 13
- Interconnected Living
~ MBMS, page 14
- Join an Emerging Group Private Practice
~ Coastside Counseling Center, page 15
- Missing Link
~ MBMS, page 16
- Nature Immersion
~ MBMS, page 17

Advertisements

Office Space

Office available May 1st in central Monterey 2-3 days a week-negotiable. Attractive, sunny, spacious with separate waiting area. Call: Mary Pacey L.C.S.W. 647-1480.

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 Mental Health Clinician – Youth Services - Santa Cruz, CA - Encompass Community Services
- Social Services Director - Aspiranet - Salinas, CA
- LCSW/MFT – WellPath - Monterey, 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



Fierce Compassion: Setting Boundaries



May 7, 14, 21, & 28, 2019
Tuesday evenings, 5:30-7:00
529 Central Ave., Ste. 201A, Pacific Grove, CA
(Monterey Bay Meditation Studio)
\$140 (includes Practice Guide & Journal)

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

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

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

Teacher

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

Register online at www.montereybaymeditation.com

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



www.montereybaymeditation.com

For Kids: Ages 9-11**At the Lyceum of Monterey County | 1973 Sixth St, Monterey, CA**

Taking a walk on the wild side, even when it's in the backyard, engages the senses, awakens curiosity, and catalyzes caring.

It's free. It can happen anywhere. No batteries or charging are required. Anyone can do it. It, literally, brings a breath of fresh air into the day.

When the door is opened with an invitation to discover, the field is set for wonder and connection. Remembering and reconnecting with Nature as teacher, guide, magician, and friend is the cure for what Richard Louv calls "nature-deficit disorder" and the alternative for what is becoming known as the "Indoor Generation."

Join us for an afternoon of timelessness— inviting play, creativity, story, and wonder to discover what is living inside and all around us in the natural world.

Cost and Registration

\$25/participant (\$50 for child and 1 parent) | Register online at www.lyceum.org

Facilitator

Marianne Rowe, MS, a Licensed Marriage and Family Therapist, began practicing meditation in the 1990's. As the founder of Mindful Education Project, she has been developing curriculum for and teaching mindfulness to children, adolescents, and adults since 2006. Marianne is a founding teacher at Monterey Bay Meditation Studio. www.mariannerowe.net

In collaboration with Monterey Bay Meditation Studio | montereybaymeditation.com



Saturday, May 18, 2019

12:30 – 3:30 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

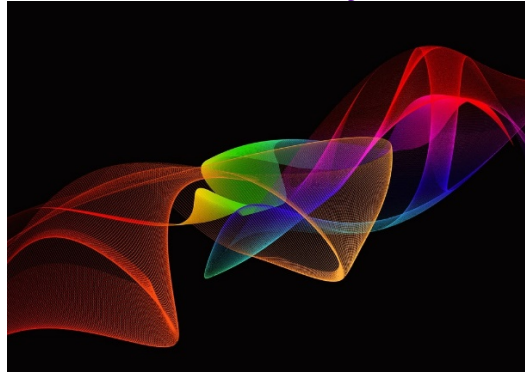
Advance Registration is Required. Cancellation Policy: No Refunds.



529 Central Ave., Ste. 201A, Pacific Grove, CA 93950 ~ www.montereybaymeditation.com

Part of the Conscious Living Series:

Integral Living: Practical Practices for the Body, Heart, Mind & Spirit



June 3, 10, 17, & 24 ~ Monday Evenings, 5:30-7:00

Monterey Bay Meditation Studio

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

\$140 (includes "Integral Living Practice Guide & Journal")

"In service of ..."

Bringing attention and intention to our essential arenas of being human to cultivate our capacity for transformation, evolution and well-being.

"A path to ..."

A practical framework for being aware and being kind to oneself, each other and the world in which we live.

"Ultimate Cross Training"

- Integrating practices from ancient traditions and transformational techniques;
 - Exploring ways of catalyzing, supporting and integrating healthy development of our physical, cognitive, relational, and spiritual dimensions.
 - Delving into what interferes with living in the full light of our being – discovering the Shadow and what it can teach us about intimacy and compassion.
- This course is taught by Marianne Rowe, MS, Licensed Marriage & Family Therapist, a founding teacher of Monterey Bay Meditation Studio, and a facilitator of trainings at Integral Center in Boulder, CO. www.mariannerowe.net

Register online at www.montereybaymeditation.com

Because class size is limited, advance registration is required. Non-attendance Policy: No Refunds.
For maximum benefit, participants are requested to attend all 4 classes.





Tues. Evenings, April 9, 16, 23, & 30 ~ 5:30-7:00
Monterey Bay Meditation Studio
529 Central Ave., Ste. 201A, Pacific Grove, CA
\$140

(for the Four-Class Course, includes "Interconnected Living Practice Guide & Journal")

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We live in relationship, yet we often find ourselves feeling alone and disconnected.  
Being mindful enhances our awareness of interconnection and shared humanity.

As we become present with each other, without judgment or agenda, we:

- ~ cultivate connection and compassion;
- ~ deepen intimacy and sense of belonging;
- ~ transform conflicts into deeper understanding.

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

In this way, we evolve and change reactive interactions into conscious relationship.

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The course is taught by Marianne B. Rowe, MS,
a Licensed Marriage & Family Therapist for over 30 years
and a founding teacher of Monterey Bay Meditation Studio.
Marianne has specialized training in Intersubjective Meditation and has facilitated
relational retreats and workshops in Boulder, CO, Berkeley, and Santa Cruz,
as well as Monterey, CA. www.mariannerowe.net

Register Online at: www.montereybaymeditation.com

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Join an Emerging Group Private Practice!

Coastside Counseling Center/Jasmin Jourdenais LMFT is accepting applications for a paid AMFT position!

I am in Monterey, CA and would be best fit for an Associate interested in working with children, teens and families. I am currently completing my certification to be a Supervisor and will be able to sign off on hours!

Minimum Requirements

- Background providing group and/or individual counseling to children or teens
- AMFT (registered with BBS with a number preferred)
- Excellent organization skills with the ability to manage multiple tasks
- Attention to detail
- Ability to work well on a team and adaptable to change
- Proven effective communication

Education and Experience

- Master's Degree or higher in psychology, or other related human service fields
- Registered AMFT with the BBS is a must
- Practicum students encouraged to apply
- Carried a caseload of 8-12 PT weekly clients

Skills and Abilities

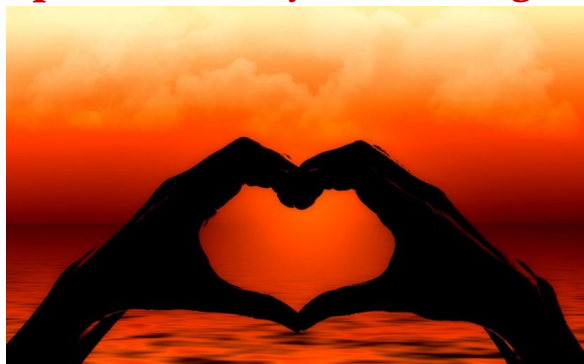
- Familiarity with crisis intervention techniques and psychotherapy as well as diagnostic and assessment techniques
- Ability to join with and implement a strengths-based approach with children and families
- Strong interpersonal, verbal, and written communication skills
- Proficiency in Microsoft Office applications and overall computer skills
- Time management skills to prioritize and meet deadlines
- You are highly organized with outstanding attention to detail
- Individual who is creative and offers new ideas
- Ability to work independently and as a member of a team
- Flexibility to work in a changing environment

What you'll do:

- Provide diagnostic mental health assessments as well as family, individual psychotherapy and crisis interventions to assigned clients
- Develop treatment plans, monitor treatment progress, and follow-up when appropriate
- Facilitate the coordination of medical and psychiatric needs of individuals without these resources
- Facilitate the client and family's growth and development with an emphasis on strengths and resiliency.
- Utilize natural support systems and existing strengths/resources
- Collaborate with internal and external partners in support of the family's growth and development
- Maintain accurate and timely clinical documentation consistent with agency standards
- Participate in team meetings, and supervisory sessions as required
- Other duties as assigned

If interested, please email cover letter and resume to info@coastsidecounselingcenter.com

The Missing Link: **Kindness & Compassion as Keys to Healing & Transformation**



Asilomar Conference Grounds, Pacific Grove, CA
Saturday, April 13, 2019; 10 a.m. – 5 p.m.
\$140 (includes Practice Guide & Journal)

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. 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

Register Online at: www.montereybaymeditation.com

Non-attendance Policy: No Refunds





Walking slowly and sensing the natural world can refresh, inspire and even heal our bodies, hearts and minds. With invitations from the practice of Shinrin-yoku (Forest Bathing), participants are guided into a way of mindfully relating with the world around and inside of us -- evoking a deep sense of relaxation, belonging, and, sometimes, awe.

Facilitator

Marianne Rowe is a Certified Forest Therapy Guide, Licensed Marriage & Family Therapist, and a founding teacher of Monterey Bay Meditation Studio.

What to Wear & Bring

Weather is variable, so please wear layers, including a light jacket and a sun hat. Please bring water, a light snack, and a pad or something to sit on.

This event is in collaboration with the Monterey Peninsula Regional Park District. Participants are asked to register via the MPRPD website:
www.mprpd.org/education-outreach/lets-go-outdoors/



MONTEREY PENINSULA REGIONAL PARK DISTRICT
Preserving & Protecting Parks & Open Space

Location details can be found at www.montereybaymeditation.com



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

MC-CAMFT
Mission Statement

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

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

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