



June/July 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

MC-CAMFT CALENDAR

JULY LUNCHEON PRESENTATION

Date: **Friday, July 12, 2019**
Time: **11:30am – 2:00pm**
Topic: **Dreams and the Imagination**
Presenter: **Judy Zappacosta, LMFT**
Location: **Monterey Pines Golf Club 1250 Garden Rd,
Monterey**
Cost: **Chapter Member \$28; Guest, Nonmember
\$30; Pre-licensed \$20**



SEPTEMBER LUNCHEON PRESENTATION

Date: **Friday, September 13, 2019**
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 \$28; 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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2016/19 Board President

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President's Message

Is it Summer yet? I have been in Truckee the last few days where it snowed on the daffodils and was so cold that my dog wrote me a note saying she wanted to go home early.

We have good news for our Board and our Chapter. We are welcoming two new board members: Lynn Finnell, LMFT who will serve as Membership Chair. Lynn, who has been in our community as an addiction specialist, has some fun ideas for broadening the opportunities for members to get to know each other better. I'm excited because we haven't had anyone actively looking for ways to engage our members beyond the luncheons and salons. And, we are happy that Pam Hughes, LMFT who is relatively new to our community, has volunteered to be our Continuing Education Chairperson. Pam brings organizational talents from a former career as an organization specialist. We will be profiling Lynn and Pam in our next newsletter. Stay tuned.

We are saying goodbye and a huge thank you to Camilla Mitchell who has served as Continuing Education Chair for the last two years. Camilla's organizational talents and her unflappable nature have been a great gift to our chapter. (She has settled me down a number of times.) Camilla will be focusing on her certificate training in Somatic Therapy as well as a full practice in her very own first office. Thank you, Camilla and congratulations on all your successes. It was not that long ago when Camilla attended our chapter as an associate.

A shout out also to Kevin Glenn, Associate PCC, who is working with Robin DeFilippi as co-chair of the 3000 Hour Club. Kevin brings a big dose of energy to this roll and has reached out across disciplines to bring in social workers, psychiatric nurses, as well as MFT associates. Way to go Kevin!

Mark your calendars for July 12th when Judy Zappacosta, LMFT will present on dreams and the imagination in clinical practice. Judy teaches nationally and internationally and is the author of "Pearls: Defining Moments in our Lives". She has trained with sandplay founder, Dora Kalff and Jungian Analyst, Marion Woodman. We are in for a treat. Judy has devoted her career to this area of study.

Lastly, a big thank you to Jared Phillips for his enthusiastic and informative presentation on Dialectal Behavior Therapy (DBT) in clinical practice. Jared's love and appreciation for the concepts and principles of DBT was truly contagious. If you want more information on what Jared is up to, see his website.

Thank you to all the Board members. You are a treasure to me and to our Chapter.

Enjoy the next few months. Kristine

JULY PRESENTATION

Dreams and the Imagination

Date: Friday, July 12, 2019

Time: 11:30am – 2:00pm

Presenter: Judy Zappacosta, MA, LMFT

Location: Monterey Pines Golf Club 1250 Garden Rd, Monterey

This presentation will invite participants to consider the structure of a dream, as developed by C.G. Jung. The ability to recall and amplify dream material, images, and symbols will be discussed. There will be consideration of the differences between waking dreams such as active imagination and sandplay and dreams that emerge from sleep.

We will notice the type of dreams that arrive in the night. What is meant by a “big dream” or a dream that seems to reflect a more collective idea from the larger society? Many people reported dreams that seem to foretell the collapse of buildings similar to the twin towers falling on September 11, 2001. How do we make sense of dreams like this? Can they foretell or be intuitive in our deeper selves? We will discuss the possibilities during this workshop. Indigenous cultures have long used dreams and active aspects in the imagination to offer healing. In Greece, dream temples were sought out for healing imagery to illness, as Asclepius created the dreamtime spaces.

Dreams can disturb or amuse us in presentation and learning to interact with imagery will be presented as part of this workshop. Often, narratives, as well as timeless aspect appear, sometimes portraying us at different ages within one dream. There are many ways to walk around a dream, amplify it, or as Jung taught, circumambulate the dream. In any of these ways, the dream can inform us as if a gift from the soul. We will have time to share and interact with dream imagery.

Participants in this workshop will:

- Gain a basic understanding of the structure of the dream as explained by C.G. Jung.
- Learn some of the clues to working with natural associations in dream material.
- Identify three ways to explore dream images with clients.

- Describe effective ways to engage with dream imagery in a clinical setting.
- Understand when dreams may be diagnostic to consider regarding flooding, overwhelm or disassociation.
- Understand the similarities and differences between waking dreams, and dreams emerging from sleep.



JUDY ZAPPACOSTA, MFT, CST-T is a past president of Sandplay Therapists of America (STA) and past board member of the International Society for Sandplay Therapy (ISST). She maintains a private practice in Monterey, CA., consults and supervises therapists using Sandplay and Jungian psychotherapy. She teaches both nationally and internationally. She is Editor of the book, Pearls: Defining Moments in our Lives. Judy is co-founder of Caring for the Soul, offering international trainings, and is Associate Editor of the Journal of Sandplay Therapy. Judy trained with sandplay founder, Dora Kalff and Jungian Analyst, Marion Woodman.

MEMBERSHIP NEWS

Did you know?

The MC-CAMFT board recently added membership benefits. Chapter members now have access to submitting newsletter advertisements at no cost. Advertisements include classifieds such as office space, employment, services, etc., as well as flyers. Members also will receive CEUs for presentations as part of the registration.

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**

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 and members.

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.

COUPLES CORNER

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

Choosing Pleasure Over Pain

In graduate school, I had a professor who simply stated, “every action brings us closer to life or closer to death.” Over the years I have used this mantra as an inner compass around choices regarding my health and well-being. In the work of couples therapy, I have adapted this mantra to: “with every action I am signaling my partner’s brain to respond in pleasure or in pain.” We could certainly argue that there are in-between states, yet I find the simplicity of these polarities refreshing.

As we know, most animals move towards pleasure and away from pain. This is certainly the case with humans in relationship. If we want our partner to move towards us rather than away from us, we need to be communicating and behaving in ways that signal pleasure. We are remembering to give appreciations, complements, affection, and behaviors rooted in kindness and love. We have the discipline to cut shaming, blaming, and criticizing out of our language and instead to speak about our

own feelings. In order to signal pleasure to our partner’s brain, we must consistently track and behave as if their needs and desires are as equal in value to our own. We commit to never intentionally harming our partner and doing our best to create a relationship based in generosity rather than scarcity or deprivation. We might ask ourselves, “how can I fill up my partner’s connection container today?” and freely express these behaviors. If this sounds like a lot of work, you might consider how much work it takes to turn around a relationship weighed down by negativity.

It takes discipline to bring pleasure rather than pain. We must learn to regulate our reactivity and not erupt on our partner. We must learn to hold our tongue and not blurt out when negativity gets the best of us or the wounded inner child has taken over. Instead we must inquire, wait, and speak from a place of compassion. I have recently been working with a quote from Rumi:

“Before you speak let your words pass through three gates: Is it true? Is it necessary? Is it kind?”

Just as it takes discipline to exercise, eat nutrient-dense food, and keep our bodies healthy, it takes discipline to keep our relationships healthy and thriving. We keep toxins out of the relationship by making the commitment to NOT intentionally bring harm to our partner.

Let’s face it, life is hard enough. Shouldn’t our romantic relationship be a place of refuge, peace, and solace? Couldn’t a peaceful culture start with one relationship at a time?



Like Us on Facebook!

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

MENTOR PROGRAM

Purpose: To connect members or would-be members to an established therapist for the purpose of mentoring which can include setting up a private practice or becoming connected to the professional community available in our area. Mentees can be prelicensed, newly licensed, or new to the geographic area.



Process: Contact the Mentor-Mentee Program Chair to set up an interview and assess your needs as a mentee or your willingness as a mentor. The Chair will then connect mentees with mentors.

Goal: To make sure fellow professionals in our area are aware of the resources in our community, and to let new professionals in our area know that we are here to support and encourage them to a good start.

Questions? Contact Patricia McDermott (*page 2 of newsletter or website: www.mccamft.org*)

The Business of Psychotherapy Practice

Reflections and Lessons Learned in the Trenches

I direct a psychotherapy practice in the northeastern United States with about 30 providers focused on providing cognitive behavioral therapy. We have two locations and treat a wide range of adults, teens, and children. I ended up in this role because I fell in love with the fields of psychology and psychotherapy almost three decades ago.

In this article, I would like to offer some lessons I have learned about the business of psychotherapy. I am going to imagine writing this as an advice letter to graduate students and early career professionals who are curious about business-of-practice issues. I also hope that my comments may be of interest to others who care about the dissemination and development of psychotherapy practice. There is so much that isn't taught in graduate school about practice-relevant business attitudes and skills that could lead to much greater success.

Business Is a Team Sport

I tend toward the independent side and feeling like I need to figure everything out myself. However, I have found that the business of psychotherapy is best considered a team sport. You will do best if you have many different players on your team. You will need a good lawyer, a great accountant, a computer firm, a web design firm, and someone trustworthy to clean the office. You may need a financial advisor, an insurance agent, and consultants of various types. Most of these players will be central, even if you are in solo practice and certainly if you have multiple providers in your group. I want you to think about building this team as a central component of the business of psychotherapy and crucially-linked to delivering excellent patient care. If you are spending tons of time trying to balance your books, clean the office, or figure out how to design a website, you are not taking care of patients or working "on" your business (versus "in" your business, as the saying goes). Trust me—my wife and I have spent lots of time running these experiments and learning the hard way. I have spent silly numbers of hours dealing with computer issues and website issues—which were probably quite far above my head, despite the fantasy that I could do them well. For years when our children were young, my wife (and practice manager) would stay late into the night every Thursday doing many tasks which we only eventually learned to "sub out" to others.

Customer Service Is Key

Customer service is a basic concept in business and a central focus in most industries. My sense is that it is almost never discussed in graduate school and other training programs. It means trying to make it easy, pleasant, and reinforcing to receive services from you. We try to provide excellent customer service in many, many ways. We have carefully hired and trained intake coordinators who answer phone calls live and help patients to feel glad they reached out for help. We provide coffee and water in all of our waiting rooms. We accept credit cards and keep them in a secure online vault, so that patients don't need to present the card at each session. In all of our dealings with patients we try to be flexible, accommodating, and treat people with kindness and empathy. If we make a mistake, we apologize and try to make it right. I've sometimes sent people gift cards when our office has given a wrong appointment time or made a scheduling mistake. I encourage you to think about what kind of experience you want someone to have finding, signing up for, and receiving your services. Make it easy for them. Make sure you return messages promptly or have someone reliable answering calls and messages from patients. Don't be shy about amazing people with positive touch-points beyond what you do in the treatment room (e.g.,

establishing a good therapeutic alliance and providing proven strategies). How can you amaze and delight your patients?

Long-term Relationships Are Central to Business - and Life

Another key idea that is central to business thinking is to develop long-term relationships with your customers. I remember when I first read about this idea. Now it seems obvious. However, it was new a point-of-focus for me at the time. Businesses typically succeed in the world because they develop loyal customers. It works much better for businesses to provide services to their existing customer base than it does to keep bringing in new customers. There is often a significant cost to customer acquisition, such as in marketing dollars. Businesses with little repeat business will usually struggle.

I take and encourage a “primary care doctor” metaphor in providing psychotherapy. I convey that I am taking responsibility for the patient’s mental health care. Much like a primary care doctor, I will propose we meet more frequently at first and then taper off gradually. Once someone is doing much better, I will see them monthly or quarterly—until we go to a call-me-when-you-need-me plan. I rarely do hard terminations with patients. The nature of life, depression, anxiety, and stress is the recurrence of issues, stress, and problems. It is much better healthcare to remain a resource for patients, within ethical boundaries, and we want to avoid forcing on clients the difficulty of feeling ashamed when they need our help again. We want to de-shame and normalize seeking support and wise counsel. So, I want to encourage you to think about forming long-term relationships with patients—even if you are trained as a short-term, problem-solving kind of clinician. I consider myself very much working from a CBT point of view. This does not preclude me from having been there for my patients over many life stages. I have helped people cope with their teenage years, college, dating, marriage, and parenting. Indeed, seeing someone through a crisis if I haven’t seen them in a few years is one of the most gratifying parts of my work as a psychotherapist. As you develop your practice, plan for what you want your relationship with patients to be over time. Discuss explicitly that you hope to be a resource for them in an ongoing way, regardless of the length of any treatment episode.

Trust Your Value - Deep Listening and Wise Counsel Are Crucial and Rare

For a business to succeed it has to have an excellent product or offering in which the people running the business truly believe. Great customer service can’t make up for a lousy product. So, in general, how

valuable is the service we are trained to offer? There are many pieces of evidence that suggest to me that it is highly valuable. First, decades of research and many meta-analyses have shown that psychotherapy is generally effective, that differences between active treatments are difficult to show, and that many patients find it an acceptable service to receive. Indeed, stress and anxiety appear to be at all-time highs—just ask high school or college students about how stressed their peers seem to be, or how many mental-health related issues they encounter in school. Shame and stigma about both having emotional problems and receiving help for them appear to be decreasing. My sense is that is far more common now to share that you are seeing a therapist than it was 30 years ago. With the advent of the smartphone age, it seems that having someone give you undivided attention for 45 minutes is increasingly uncommon in the real-world. We can no longer expect most people to have the kind of friends who will listen to them well for significant lengths of time and who have the availability and knowledge to discuss issues and guide them skillfully. So, I want you to trust your value to your patients, even if you don’t fully feel competent yet. Show up, be unbelievably genuine, focus in and help patients organize and clarify issues, and work collaboratively on a game plan for progress. If you are offering psychotherapy, you are likely offering something increasingly valuable. It may not feel like it all the time, because you know there are many things you don’t know, and your sense of confidence and competence may still be forming. However, we also know from decades of research that if you can form a strong therapeutic alliance, in which you help the patient feel warmth from you and trust in you, and you seek agreement on the goals and tasks of therapy, you will likely help them feel and function much better in their lives.

Don’t Be Cheap About Training

In the business world, successful companies keep innovating and improving their products. They put significant resources toward research and development. They upgrade the food and appearance of the restaurant, the look of the website, or the speed and power of the iPads they sell. If Apple, Google, or 3M hadn’t kept improving their products and inventing new services, they would have been long defunct. In the strange industry of psychotherapy, you are largely your product. So, I want you to spend heavily on your training, workshops, and professional development. Buy and read large numbers of books on the field. Go to an embarrassing number of continuing education events. Develop areas of expertise. Pay for supervision and consultation. It is okay if it is a bit scary and feels indulgent. That is the price tag of your research and

development. I also want you to keep investing in making your personal life as pleasant and growth-oriented as possible. Try never to be a hypocrite: If you are pushing your patients to keep growing and improving, you need to as well. You have my full doctor's permission to experiment with traveling, going to a gym, getting a house cleaner, hosting a party, and changing your hairstylist. It is all part of the field. You can't really help people improve their self-care and growth if you aren't also pushing yourself out of your comfort zone.

You Can Care Deeply and Charge Appropriately

Successful businesses price strategically and seek high margins on their products and services. They look to differentiate what they sell from what their competitors sell. They try to avoid pushing commodities in which the consumer is focused only on obtaining the lowest price. Businesses with low margins and poor business models often fail. Then, they don't serve any of their customers. Successful businesses need to make reasonable profits for many reasons. As discussed previously, they need to keep improving their products and services. That takes money. They need to have a stockpile of cash to weather inevitable upturns and downturns in the market. They need to have money available to seize unique opportunities that emerge. If they sell too cheaply to current customers, they are harming potential future customers. In the industry of psychotherapy, there are several challenges. For many of us, the fees we charge don't matter much because insurance companies dictate reimbursement amounts so heavily. Some clinicians, myself included, find it so easy to care about people, and they love work they do so much that they wish they could do it for free. It feels like it is hardly about the money. Others get a sense that if they charge patients a significant fee, it means that they don't really care about them. I want to encourage you to learn to feel good about charging high fees. Stick to them and raise them periodically. Your caring and expertise are valuable and worth significant remuneration. The more you can just broadly accept this equation, the better off both you and your clients will be. Being deeply caring doesn't mean you should be paid less! It means you should be paid more—it is your natural resource and you are offering it for someone else's gain. Furthermore, it is a terribly limited resource. There are only so many hours in the day and only so much emotional energy you have to give to others. You also have a unique voice and life experience that informs your work. No one else comes from precisely the same point of view. In terms of the restrictions put on what you get reimbursed by insurance companies, it is tricky. You can try to develop a strong niche and either go out-of-network, or you can try your hand at negotiating with

them. Both scenarios are possible. You can also develop some services that don't count as medical procedures and for which you can set fees at the level you choose. For instance, offering a workshop on the psychology of money might be a good non-insurance service.

Identify Your Ideal Customers and End Relationships with Your Worst Customers

Successful businesses figure out the profile of their ideal customer. Then, they seek out those customers and try to over-deliver value to them. Businesses that don't know which market segment they are trying to reach will struggle. Mercedes and Hyundai are trying to please different segments of the car market. If businesses try to please everyone, they will likely get spread too thin, confuse the marketplace, and dilute their brand message. Apple makes it clear that they are trying to deliver a premium product. They are not trying to reach customers seeking the cheapest device possible. Businesses can also get caught up trying to accommodate their most difficult and demanding customers. This can take time and energy away from dealing with your main customer base. So, I want to encourage you to think deeply about your strengths and who is so easy for you to treat that it feels like cheating. The picture of this client will differ greatly between clinicians. My usual example is that some clinicians don't like treating angry men. It makes them nervous and stressed much more than it might make someone else. Thus, we don't give these psychotherapists angry men to treat, if we can possibly help it. We encourage them to frame the evaluation as an evaluation and to feel empowered to send them to a colleague who loves that kind of work, if the match isn't right. Keep asking yourself which of your clients make you feel energized. Notice patterns among them and seek them out as much as possible. I know some clinicians who love college students and some who don't. Your preferences are unique and okay. And if it time to stretch those growth areas, invest in the personal therapy, training, and supervision to do so ethically and effectively (see above!).

One to five percent of a busy clinician's caseload can be consuming much of their emotional energy and contribute disproportionately to burnout. Though I have learned much from working with that sliver, I would tell my younger self and other colleagues coming up that it is okay to set limits and to refer more readily. You need to protect your whole caseload by protecting yourself sometimes. Go the extra mile for patients but know when to bring in other providers on a case.

For a small business example, let's say an accountant had a general practice and was preparing taxes for dozens of individuals and small businesses. This is their

bread-and-butter work and not too difficult. If they also had a large medical practice they were trying to serve, that demanded tons of time from them, created lots of stress, and made it difficult to stay on top of the bookkeeping of the rest of the client portfolio, we would have a major problem. It would likely make sense for them to refer the medical practice to a specialist in that area of accounting—or perhaps refocus their own efforts on that niche. Whether for accountants or psychotherapists, stress matters and must be carefully monitored.

I encourage you to keep learning about the business of practice. The better we get at the business of psychotherapy, the more people we can reach. One of the best ways of disseminating therapy to those in need is to disseminate business-positive attitudes and skills that make it easier to succeed.

Johnson, B. (2018). *The business of psychotherapy practice: Reflections and lessons learned in the trenches. Psychotherapy Bulletin*, 53(2), 14-18.
<https://societyforpsychotherapy.org/the-business-of-psychotherapy/>

NEWSLETTER FLYERS

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

- Deep Nourishment Retreat
~ MBMS, page 9
- Enter Being Class
~ MBMS, page 10
- Forest Bathing Guided Meditation
~ MBMS, page 11
- Harmony At Home Services
~ page 12
- Interim Employment Opportunities
~ page 13
- Papillon Services
~ page 14

Advertisements

Office Space

Lovely tree-top office overlooking Lake El Estero with views of the bay and French doors onto a balcony. Spacious waiting room, extensive clinical library, elevator, good parking. \$250/month for two days/week or \$500/month for four days/week. Call Michael Newman 831-649-0957

Office available 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.

SEEKING OUTREACH VOLUNTEER

MC-CAMFT is registered to have a booth at an upcoming local event. The organization, AIM for mental health (www.aimformentalhealth.org), has a walk/rally at Lovers Point park in Pacific Grove on Sunday Sept. 15th from 1pm to 4pm. If anyone would like to join as a fellow volunteer and staff the booth, please contact Elizabeth Ramirez, elramirezmt@gmail.com, 831-754-3077.

The sponsoring organization needs advance notification. Please respond as soon as possible.

I look forward to a response from anyone who is interested to join me.

Prelicensed is a free resource for MFT registered associates, 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 associates 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 Therapist – Kinship Center, Seneca Family of Agencies – King City, CA
- Therapist – Door to Hope - Salinas, CA

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

Robin Andersen, LMFT
Founder of Prelicensed



Deep Nourishment: A “Spa Day” for the Mind and Heart



A Retreat of Cultivating Spaciousness and Connection

Saturday, June 8, 2019 ~ 10 a.m. – 5 p.m.

Asilomar Conference Grounds; Pacific Grove, CA

\$140 (includes Deep Nourishment Practice Guide & Journal)

Offering your mind an invitation to settle and your heart an inspiration to open,

While connecting with others who also value consciousness and compassion

Feeds your soul and nourishes your spirit.

During this day of retreat, we will take the time to slow down and drop-into a container intentionally created for reflection, replenishment and renewal. Through guided meditation, gentle body movement, and relational practices, we will cultivate a sense of spaciousness and connection with our internal world, each other, and external environment.

The Retreat Facilitator

Marianne B. Rowe, MS, is a Marriage & Family Therapist, practicing in Pacific Grove since 1986. She is the founder of the Mindful Education Project and co-founder of Monterey Bay Meditation Studio.

Since 2011, she has facilitated relational training intensives in San Francisco, Santa Cruz & Boulder, CO, as well as Monterey and Pacific Grove. www.mariannerowe.net

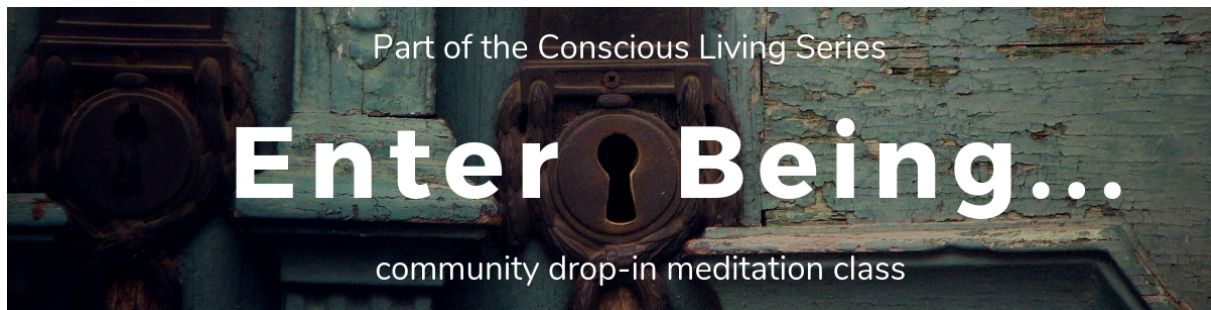
The Setting

Asilomar, known as Monterey’s “Refuge by the Sea,” overlooks Asilomar State Beach, providing a serene, wooded setting for reflection and restoration. Our meeting space has a fireplace & an ocean view.

Register Online at: www.montereybaymeditation.com

Non-participation Policy: No Refunds





3rd 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/>



www.montereybaymeditation.com



Sunday, July 28, 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

Advance Registration is Required. Cancellation Policy: No Refunds.



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



HARMONY AT HOME

Ending violence. Building families.www.harmony-at-home.org

Carmel 831.625.5160

Salinas 831.272.6644

Harmony At Home serves 50 sites across Monterey County

Counseling

Harmony At Home offers:

- Individual, couple, and family counseling services in Salinas or Carmel at a sliding scale rate
- We also partner with the Boys & Girls Clubs, the Big Sur Land Trust and other Community organizations, supporting youth throughout the county
- Sticks & Stones school-based counseling in over 40 schools across the county

Children 1st

This co-parenting program consists of two sessions per parent and two sessions for the children in our Carmel and Salinas offices.

Topics include:

- Impact of conflict and divorce on the different stages of development
- Effective communication
- Negotiating with the other parent (co-parent)
- Problem solving

Teen Success, Inc.

The Teen Success, Inc. Program is an 18 month program for pregnant or parenting young women, ages 14-19 years old, who have not yet graduated high school or received their GED.

Program includes:

- Educational navigation and support
- Parenting education
- Coaching
- Weekly peer learning group
- Scholarship opportunities

Bullying Prevention

We are currently serving over 11,000 children, parents, teachers, non-teaching staff, administrators and community partners in Monterey County. The goals of the program are:

- Reduce existing bullying problems among students
- Prevent the development of new bullying problems
- Achieve better peer relations at school



@Harmony_At_Home



@4HarmonyAtHome



@HarmonyAtHome.org



@Harmony At Home



Interim, Inc.

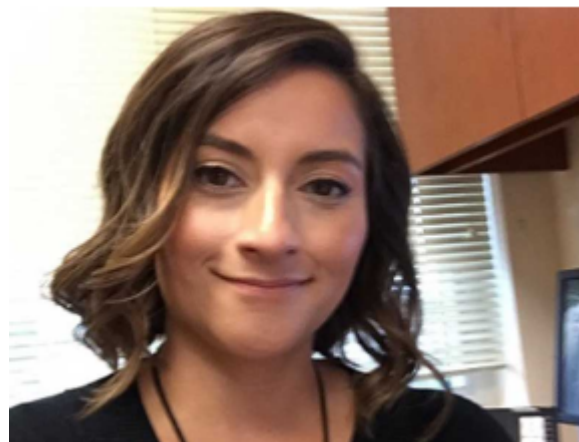
Housing • Healing • Hope

OUR MISSION?

Interim's mission is to provide services & affordable housing supporting members of our community with mental illness in building productive and satisfying lives. We envision a world in which people with mental illness are able to live, work, learn, and participate fully in the community.

WHY INTERIM INC?

- ✓ **Great Compensation:** Competitive pay for Monterey County
- ✓ **Are You Bilingual?** We offer a bilingual incentive to receive extra compensation
- ✓ **Generous Benefits:** Vacation Leave, Medical, Vision, Dental, and 403 (b) retirement account for all employees working at least 30 hours a week
- ✓ **Looking for a Management role?** New hires in select management positions are eligible for a Sign On Bonus



WHO ARE WE LOOKING FOR?

- Team players** who have a passion for helping others achieve their goals
- Problem Solvers** who can find solutions and overcome barriers with our clients
- Motivators** who can teach our clients tools on how to live independently
- Poised** individuals who always put the safety of our clients & themselves first

LEARN MORE AND APPLY TODAY

www.interiminc.org



PAPILLON CENTER SERVICES MAY AND JUNE 2019

Papillon Center is dedicated to building healthier communities by providing professionally led compassionate services for individuals, families and children experiencing loss and transition.

ADULT DROP IN Grief Support

Open to any adult experiencing grief at any time following a loss. Every Tuesday and Wednesday evening, 6:30pm to 8:00pm. Every Thursday: 10:00am-11:30am.

PET BEREAVEMENT Grief Support

Join Papillon to honor your beloved pet and learn strategies for coping with their loss. Third Thursday of the month: May 16th June 6th, June 20th.

TRANSITIONAL Grief Support

This group is for adults who have processed their initial grief and are ready to explore a new self- identity and purpose following the death of a loved one. Fourth Thursday of the month: May 30th June 27th; 6:30pm to 8:00pm.

PREGNANCY AND INFANT LOSS Grief Support

Comprehensive support at any time after the loss of a baby. Second Thursday of the month. June 13th; 6:30pm to 8:00pm.

CHILD LOSS Grief Support

Open to any adult experiencing grief at any time following the loss of a child. May 29th June 26th 10:00 to 11:30am.

MINDFUL GRIEVING with Emily Nicholl , LCSW

Explore ways that meditation can support the bereavement process in this half-day workshop. Saturday, June 1, 2019; 10:00am-2:00pm RSVP to Papillon by May 24, 2019; COST: \$50.00 (includes lunch).

LIBRARY and BOOKSTORE:

We are happy to announce we have a lending library filled with a wide range of books for grieving the loss of a loved one or pet, including books appropriate for children and teens. Our bookstore offers grief comfort items available for a minimal donation.

GROUP FACILITATORS:

Our groups are led by professionals licensed and/or trained in facilitating psycho educational grief support groups. To find out how to become a Papillon group facilitator, contact progmgr@papillon-center.org

WHERE: 70 Garden Court, Suite 201, Monterey, CA 93940

INFORMATION Telephone: 831-657-9149 Email: progmgr@papillon-center.org Website: www.papillon-center.org



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 |