



August/September 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

SEPTEMBER LUNCHEON PRESENTATION

Date: **Friday, September 13, 2019**
Time: **11:30am – 2:00pm**
Topic: **The Hidden Epidemic of Shame: Identifying and Treating Maladaptive 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**
Time: **9am-4pm**
Topic: **Forgiveness Training for Clinicians**
Presenters: **Michelle Gannon PhD, and Sam Jinich PhD**
Location: **Tides Hotel 2600 Sand Dunes Drive Monterey**
Cost: **\$100-\$190* Early registration ends 9/18/19**

	<u>Early Through Sept. 18th</u>	<u>Sept. 19th</u>
All Pre-licensed	\$100	\$120
MC-CAMFT Members	\$160	\$180
Allied Professionals	\$170	\$190

Cost includes 6 CEs, continental breakfast, lunch and afternoon snacks. Psychologists fee for CEs is an additional \$25.00.

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Kristine Jensen
2016/19 Board President

**2017/19
Board of Directors
- Officers -**

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President Elect: OPEN

Past President: OPEN

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Advertising Chair
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Kevin Glenn

President's Message

I am so excited to announce that Jennifer Farley, LPCC has accepted our nomination to become our President Elect. While we are still waiting for our members to vote on this nomination, I am thrilled at the possibility of Jennifer bringing her leadership and organizational talents to our chapter. Stay tuned for the nomination outcome.

Many of you responded to our request for help in finding a new venue for our lunch-learn events. Your suggestions have yielded possibilities we had not thought of. Weeks ago, when we realized we would probably need to move, I was discouraged and worried. It seemed to me that we had so few options. Judy Masliyah suggested I reach out to our members ---what a great suggestion!

"Summertime and the living is easy". Remember that song? Hopefully you have enjoyed some ease this summer and found time to restore. I was at Donner Lake near Truckee for the full moon in mid-July. As the moon came up over the lake, all kinds of boats and paddle boarders decorated with lights went out to meet the moon beams streaming across the lake. What a delightful reminder of how nature grounds us, restores us and lifts our spirit.

For our next luncheon event, I have the honor of presenting on a topic that has influenced my life more than I knew: shame. Before I started formally studying shame several years ago, I thought shame was about having regrets for unwise or unkind things I did or said. I was unaware that the self-loathing and feelings of unworthiness I called 'poor self-esteem' were really shame. Shame interferes with the development of the self and can begin before language is on line, embedded in the preverbal right brain. The gut-deep feeling that I was unlovable, less-than, and defective was so familiar to me that I accepted it as an accurate assessment. All the therapy I had over the years did not heal the shame 'that bound me.' Instead I hid my vulnerabilities and tried to over-compensate. I am sure this is true for some of you and for many of the clients who seek our help. Shame causes so much suffering it has been called "a cancer of the soul". I'm honored to share what I have learned from my research, my clients and from my own life about identifying shame and the process for healing. If this speaks to you, I hope you will join me on September 13 at Monterey Pines Golf Club. Your comments and questions will add richness to this presentation.

A big thank you to Judy Zappacosta for her presentation on 'Dreams and the Imagination.' (I really regretted not being in town to hear her thoughts.) I hope you have taken a minute to email Judy your appreciation and comments. I heard it was 'wonderful, deep and enriching.' Thanks Judy.

Be sure our October 4th day-long conference is on your calendar. The topic of facilitating powerful forgiveness conversations in our work with our clients is so important. Our presenters, Drs. Michelle Gannon and Sam Jinich, are remarkably talented presenters and insightful therapists. This will be a rich and inspiring day, I am sure.

Thank you to our members and to our Board. You are the soul of our Chapter.
Kristine

Thank you to Jennifer Farley for doing such a great job welcoming our July attendees, to our sponsor, Alsana and for all of our board members who contribute their time and talents. Thanks to all our members for your support.

All the best to each of you, Kristine

SEPTEMBER PRESENTATION

The Hidden Epidemic of Shame: Identifying and Treating Maladaptive Shame

Date: Friday, Sept. 13, 2019

Time: 11:30am – 2:00pm

Presenter: Kristine Jensen, LCSW

Location: Monterey Pines Golf Club, 1250 Garden Road,
Monterey

Shame shows up in our offices clad in the disguises of anxiety, atypical depression, PTSD, low self-esteem, relationship troubles, addiction, certain personality disorders and suicidality—all with shame at their core. Berne Brown's work put shame on the radar, but many researchers and thoughtful clinicians are advancing our understanding and our treatment of maladaptive shame.

In this presentation we will examine the latest thinking about what shame is and how it interferes with the development of the self. We will see evidence that shame can be passed on intergenerationally; and that young children are susceptible to shame within the mother-child dyad long before the left brain comes on line. This information is important in our treatment approaches.

Are shame and guilt the same? Is there a healthy purpose for shame—important in our evolution as a social species? How has shame become so maladaptive? Parenting practices, some religious tenets—do these contribute to perpetuating shame?

Helen Block Lewis, who died in 1987, a pioneer in the clinical study of shame, tallied the occurrence of major emotions in her client sessions and found that shame far exceeds anxiety, fear, and depression. In fact, she found shame to be the most common emotion expressed. But shame is often not obvious. Not recognizing and treating shame may account for the majority of 'treatment failures'—the clients who reach a plateau and just don't get better.

To treat shame, we must recognize it. "Shame-speak", the language of shame alerts us to shame's presence in our clients' conversations. Shame driven behaviors are often counterintuitive -- aggression, pathological narcissism, domestic violence, addictions. Shame insidiously affects all

aspects of our lives, most importantly our relationship to ourselves. It has been called 'the cancer of the soul'.

Lastly, we will look at the research and outline a process for the successful treatment of shame. Because shame begins in the context of relationship, we will discuss the essential therapeutic relationship ingredients necessary to heal the damage shame has wrought.

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, groups, etc., as well as flyers. The benefit also applies to the website classified page where members can post an advertisement at no cost for 30 days.

Another membership benefit is receiving CEs for presentations as part of registration.

MEET YOUR CHAPTER LEADERSHIP

Lynn Finnell, Membership Committee Co-Chair

Lynn Finnell is a dually licensed psychotherapist and addiction professional who divides her time between teaching and maintaining a private practice in Monterey. Her specialty is working with individuals, couples, and families struggling with addiction, mental health disorders, and/or relationship challenges. Along with teaching psychology at Brandman University, Lynn is also an adjunct professor at Hartnell College for the Alcohol and Other Drugs Abuse major. Previously, she worked at several local treatment centers including, Castlewood in Pacific Grove, Sun Street Centers in Salinas, and New Life Community Services in Santa Cruz.

Pam Hughes, Continuing Education Committee Chair

Pamela Hughes received her Undergraduate Degree in Psychology and her master's degree in clinical psychology from Vanguard University, Costa Mesa, California. She uses a mindfulness-based approach with EMDR therapy after completing EMDR Training from the EMDR Institute, Watsonville, California.

Pamela has worked with individuals, couples and families improving their relationships using the Collaborative Communication Skills as an Instructor after training with Dr. Sherod and Dr. Phyllis Miller, Evergreen, Colorado. Pamela's experience has included working in Substance Abuse Residential Treatment Centers for both women and men as a Clinical Director and Clinical Supervisor. This involvement has brought a deep understanding of addiction, cross addiction and the family system. In her previous field as a Professional Organizer she also has over 20 years of working with those who struggle with hoarding and their families.

Pamela's mission is to help people to improve the quality of their relationships, to live their passion, and to increase their overall enjoyment of life through self-awareness, awareness of others, and to feel a sense of purpose.



Like Us on Facebook!

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

Disasters Across California and Beyond MC-CAMFT Has a Role

Report from Carmen Martin, LMFT Disaster Response Committee Chair

The events experienced by individuals, families, and entire communities across California over the last few years, due to fires, floods and earthquakes, has magnified the need for therapists' help in dealing with the emotional needs associated with these disasters. The most recent 7.2 earthquake in Southern California has served as a big wake-up call for when (not if) an earthquake of that magnitude should take place in a more populated area, whether that be Los Angeles or Monterey County.

CAMFT has played a role for years, working with the Red Cross to encourage licensed, registered, or retired therapists to become trained and certified as Disaster Mental Health workers, to provide services during times of disaster or crisis. Here in Monterey County there is urgent need for more Red Cross Disaster Mental Health workers!

Here are examples of ways you might help:

1. A family suffers an unexpected death in the family or loses their home to fire, flood, or other disaster. You could follow up with a call to the family to provide crisis intervention, psychoeducation, problem solving or referrals.
2. Support other Red Cross workers to handle their stress while they are working, returning from deployment, or responding to a home fire.
3. Provide support as an integrated team member to a family after a fatality or missing family members due to a fire or other disaster.
4. Deploy for 10 days out of the area to a disaster (not a requirement).
5. Provide disaster mental health services to those affected by a transportation incident (e.g. aviation, rail, bus).
6. Become a Disaster Mental Health instructor! (Teach classes, such as Psychological First Aid).

This is not therapy, nor does it involve forming lasting therapeutic relationships. Disaster mental health workers provide short-term interventions.

Here's the good news:

The majority of training for certification can be done online! It is estimated to take six hours to complete the online classes, and there is one in-person class of 2 1/2 hours. One must also sign up to officially be a Red Cross volunteer and have a background check and a one-on-one interview. There is no charge involved.

Time commitment is based on your availability, and if you can contribute regular scheduled hours, that would be great.

If/when a big event occurs locally, there may be a need for local Disaster Mental Health volunteers!

Please consider making this commitment to your community, so you can utilize your mental health professional skills during times of disaster, whether locally, within the state, the nation, or internationally.

For more information, go online at:

<https://www.redcross.org/local/california/northern-california-coastal/volunteer/adult-volunteers.html>
Or

Call or email Jill Hofmann (Red Cross Mental Health lead for Monterey and San Benito counties):
jill.hofmann@redcross.org 831-566-8841

Or

You can contact me, Carmen Martin at:
lovehealing@me.com or 831-277-1877.

COUPLES CORNER

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

Part 2 - Choosing Pleasure over Pain

To create healthy and harmonious relationships, we pay attention to the quality of our connection. Are we having more positive than negative interactions with our partner?

Are we communicating more of what our partner hasn't done or what our partner has done? In a couples therapy session last week, one partner exclaimed, "I just expect him to do things – I don't feel like I need to thank him." How can we show

up in relationship with more of an attitude of gratitude? Contributions from our partner are gifts, and why wait to be divorced and single to remember this? Rather than expecting our partner to know our wants and needs (i.e. mindreading) can we show our partner what we want and need through consistent appreciations, no matter how small?

Professor and relationship researcher John Gottman has determined that "the difference between happy and unhappy couples is the balance between positive and negative interactions" (<https://www.gottman.com/blog/the-magic-relationship-ratio-according-science/>). The "magic ratio" is 5 to 1. This means that, in order to keep a happy and stable relationship, there must be 5 positive interactions for every 1 negative interaction. Therefore, each time we express positivity to our partner, we directly strengthen our relationship. I see the 5 to 1 ratio as a guide to tracking the degree to which the relationship is signaling pleasure rather than pain in our partner's brain.

How do we boost positive interactions in the relationship? In his book, *How To Be An Adult in Relationships: The Five Keys to Mindful Loving*, David Ricco refers to the 5 A's : Attention, Acceptance, Appreciation, Affection, and Allowing. Let's consider the following questions to assess how we might be doing in regard to the 5 A's:

Attention – Are we consciously crossing the bridge to our partner's world and really listening to them? Are we willing to give them our focus rather than half listening while attending to other important tasks? Are we creating quality time in order to really engage with each other?

Acceptance – How are we showing our partner that we appreciate the ways he or she is different from us and that we are in love with the unique individual they are in the world? Acceptance thrives in an environment void of judgement and creates deeper intimacy (in-to-me-see).

Appreciation – Are we consistently expressing gratitude to our partner for who they are and how they contribute to our lives? Are we saying "thank you" for the small things so our partner knows their efforts are seen and appreciated? Can we freely

give compliments and other cherishment behaviors?

Affection – How are we showing our partner that we genuinely love them? Is hugging, kissing, hand holding, and cuddling built into a daily relationship routine? Do our behaviors express to our partner that they are our special, intimate, and hopefully romantic person? Is there an open dialogue around sexuality and each person's desires and preferences (and how they might change over the course of the relationship)?

Allowing – Are we giving our partner the message that we want them to live their authentic life or are we trying to control them? Can we support the particular interests, passions, and self-care practices that add to our partner's quality of life and make them more able to show up positively in the relationship? To practice allowing is to consciously give our partner the message that we want them to be themselves and that their way of doing things matters and is welcome in the relationship. We accept that our partner is 50% of the relationship, and we make space for them to do things their own way (i.e. we relinquish the desire for total control).

In couples counseling, I find David Ricco's 5 A's to be a wonderful tool for helping couples shift toward the "magic ratio" and consciously bring consistent, positive interactions into their relationship. Let's face it: when our partner feels good about us, we feel good about ourselves. When we feel good about ourselves, we are more generous in giving and expressing love to our partner. This is the cycle of generosity which ultimately creates a relationship based on health, harmony, and pleasure.

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 7
- Evolutionary Living ~ MBMS, page 8
- Introduction to Mindfulness Meditation ~ MBMS, page 9
- Papillon Center Services ~ page 10
- Save the Date: Beacon House ~ page 11
- Waking Up In the Wild ~ MBMS, page 12

Advertisements

Groups

Group for high functioning and successful women who have been bullied or sexually harassed in the workplace and are in process of recovery/regrouping. Probable history of childhood abuse or neglect. The experience has likely knocked them off balance and they feel unlike themselves, with PTSD.

Starting mid-June 2019, Fridays 10 am at Carmel location.
Maureen F. Balaam, LMFT 831-655-3665.

Office Space

Central Monterey office at 444 Pearl St. available 1 day per week, either Tuesdays or Thursdays. Rate for one day is \$100/month. Additional times available on other days at negotiable hourly rate. Shared waiting room with four established therapists. Call Christine Derr, MFT at 831-915-3977.

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:

- **Part-Time Associate MFT in Private Practice – Coastside Counseling Center – Monterey, CA**
- **Therapist – Rebekah Children's Center - Gilroy, CA**
- **Bilingual Mental Health Clinician, Youth Services – Encompass Community Services – Santa Cruz, CA**

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

Robin Andersen, LMFT
Founder of Prelicensed



Afternoon and evening course sections offered!

Conscious Aging

An Exploration of Becoming An Elder

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

Sept. 9, 16, 23, 30, Oct. 7, 14, 21, 28
1:00-3:00 pm
with Marianne Rowe

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.

Sept. 5, 12, 19, 26, Oct. 3, 10, 17, & 24
5:30-7:30 PM
with Gail Root

With an MA in Psychology and IONS Certified Conscious Aging Facilitator, as well as 45 years in the field as a coach, parent, grandma and entrepreneur, Gail is well suited to support you on your exploration with the third-third of your life.

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.

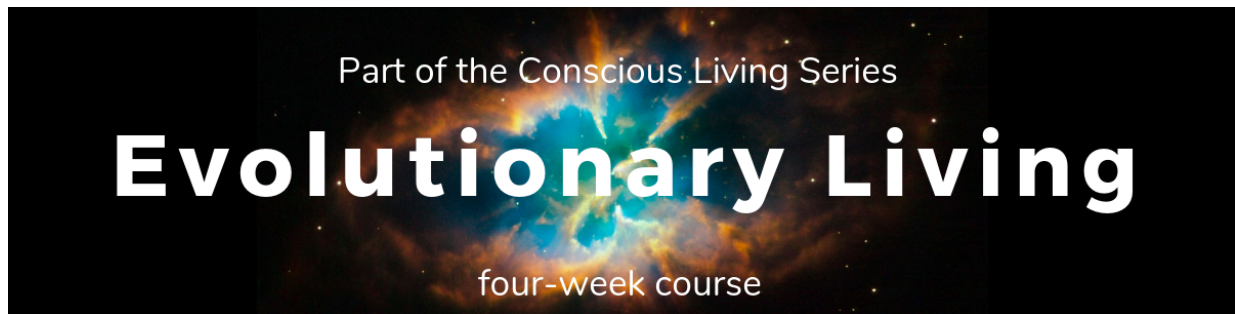
Approaching the process of aging with consciousness and compassion offers the invitation to become more balanced and intentional through these life transitions.

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.

Register Online at: www.montereybaymeditation.com





Mindful Flow through Change & Uncertainty

August 6, 13, 20, & 27, 2019

Tuesday Evenings, 5:30 – 7:00 p.m. ~ 529 Central Ave., Ste. 201A, Pacific Grove CA

\$140 (for the four-class course; includes "Evolutionary Living: Practice Guide & Journal")

"Although there are no guarantees in the kingdom of risk, nature shows us, time and again, that it is precisely at the moment of greatest risk, the moment when everything could be lost, that the greatest change happens. A new life opens out into a new world that could not have even been imagined before this." – John O'Donohue

Through teachings, discussions, meditations, and creative experience, Evolutionary Living explores:

- ~ the natural, personal & universal process of transition, transformation & evolution;
- ~ how changes (in health, finances, or relationship) offer opportunity for healing and growth;
- ~ specific practices to shift the contraction of fear into an openness that supports well-being.

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

www.mariannerowe.net

Register online at www.montereybaymeditation.com

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

For maximum benefit, participants are requested to attend all classes of the course.



"Introduction to Mindfulness Meditation"

September 3, 10, 17, & 24, 2019

Tuesday evenings, 5:30 - 7:00 (ish)

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

(Monterey Bay Meditation Studio)

\$140 (for the four-class course; includes "Intro. to Mindfulness: Practice Guide & Journal")



Mindfulness Meditation is a practice of relaxing the mind and opening the heart, while simply noticing what is happening in the present moment.

When this quality of attention is cultivated, judgment, worry, and planning are suspended, and a space for sensing peacefulness and well-being is expanded.

Through teaching, discussion, meditation practice, and experiential exercises, this course is designed to assist and support participants in establishing and maintaining mindful awareness, as well as a beginning meditation practice.

This course is taught by Marianne B. Rowe, MS,
a Licensed Marriage & Family therapist for over 30 years,
a founding teacher of Monterey Bay Meditation Studio, and founder of Mindful Education Project.

www.mariannerowe.net

Register online at www.montereybaymeditation.com

Because class size is limited, advance registration is required.

For maximum benefit, participants are requested to attend all 4 classes.

Non-attendance Policy: No Refunds.



www.montereybaymeditation.com



PAPILLON CENTER SERVICES

Summer 2019

GROUPS

EARLY GRIEF ADULT DROP IN GROUP

Open to any adult experiencing early grief following a loss. Every Wednesday evening, 6:30pm – 8:00pm.

TRANSITIONAL GRIEF ADULT DROP IN GROUP

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. **NEW DAYS**, 2nd and 4th Tuesday of the month. Starts: July 23rd, Aug. 13th, 27th, and Sept. 10th, 24th, 6:30 – 8:00pm.

GENERAL GRIEF ADULT DROP IN GROUP

Open to any adult experiencing grief at any time following a loss. Every Thursday morning 10:00am – 11:30am.

PET BEREAVEMENT GRIEF SUPPORT

Join Papillon to honor your beloved pet and learn strategies for coping with your loss. **NEW DAYS**, 2nd and 4th Thursdays of the month; July 11th, 25th, Aug. 8th, 22nd and Sept. 12th, 26th, 6:30pm to 8:00pm.

PREGNANCY AND INFANT LOSS GRIEF SUPPORT

Comprehensive support at any time after the loss of a baby. **NEW DAY**, 1st Thursday of the month; July 4th, Aug. 1st, and Sept. 5th, 6:30pm – 8:00pm.

CHILD LOSS GRIEF SUPPORT GROUP

Open to any adult experiencing grief at any time following the loss of a child. 2nd and 4th Wednesday of the month; July 10th, 24th, Aug. 14th, 28th, and Sept. 11th, 25th, 10:00 am to 11:30 am.

GOOD GRIEF FOR KIDS AND TEENS

Age based, professionally led programming for children and teens who are grieving. Parents also received support.

Mondays; Aug. 19th, Aug. 26th, Sept. 9th and Sept. 16th, 5:30pm – 7:00pm. Please call 831-657-9149 to register.

SPECIAL EVENTS

CHIPOTLE MEXICAN GRILL FUNDRAISER

Help support Papillon Center by dining at Chipotle between 4:00 and 8:00pm and **33 percent** of each sale will go directly to us! Let the cashier know you're supporting Papillon Center for Loss & Transition.

Monday, July 15th, 4pm to 9pm

Chipotle Mexican Grill • 500 Del Monte. Suite 30

CALIFORNIA PIZZA KITCHEN FUNDRAISER

As requested by our participants, we are returning to California Pizza Kitchen for a fundraiser. Don't forget to mention Papillon! Mondays, August 19th and September 16th.

SOULCOLLAGE® for CALM AND CENTEREDNESS with LISA HANDLEY

Learn how the SoulCollage® process can increase calm and centeredness. Create personal SoulCollage® cards.

Friday, July 26th, 10:00pm to 2:00pm

FEE: \$60 includes all materials

Register with Lisa: (831) 512-9063 or

plumeriapapercraft@gmail.com

MINDFUL GRIEVING WORKSHOP with EMILY NICHOLL

Learn to use meditation to deal with the difficult emotions of grief while staying present.

Saturday, Sept. 14, 10:00pm to 2:00pm

FEE: \$50 includes lunch

Register with Carol: (831) 657-9149 or

progmgr@papillon-center.org

GOOD GRIEF FOR KIDS AND TEENS GET TOGETHER

An opportunity to connect with others, build resilience and deepen recovery through art and play. Lunch provided.

September 21st, 10:00 – 2:00pm. Register with Carol

(831) 657-9149 or progmgr@papillon-center.org

WHERE: Papillon Center For Loss & Transition
70 Garden Court, Suite 201, Monterey, CA 93940

LIBRARY AND STORE HOURS: Monday – Thursday 10:00 – 1:00

INFORMATION AND TO REGISTER:

Office Telephone: 831-657-9149

Email: papillon@papillon-center.org • Website: www.papillon-center.org

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



**SAVE THE DATE:
WEDNESDAY, SEPTEMBER 18TH**

**Join Beacon House for a new
BEHAVIORAL HEALTH PROFESSIONALS
NETWORKING LUNCH & LEARN**

SEPTEMBER'S TOPIC:

Emotional Sobriety with Dr. Allen Berger, PhD

TIME:

11:30 A.M. – 1 P.M.

(Optional tour of Beacon House from 1:00 – 1:30 pm)

LOCATION:

468 Pine Avenue
Pacific Grove, CA

TO RSVP, CONTACT:

Belen – Belen@Beaconhouse.org

*Seating is limited; RSVP as soon as possible to secure a seat

About Beacon House:

Beacon House is the oldest residential treatment facility on the West Coast. We offer individually tailored dual diagnosis treatment in a healing environment with a full continuum of care.

For 24/7 assistance, call 800.215.4733 or visit www.beaconhouse.org for more information.



What would it be like to:

Hold a sense of steadiness in the midst of ever-changing external conditions;
Be present to constantly arising, moment-to-moment sensations, thoughts and emotions;
Be completely engaged and willing to be impacted by what is here;
Feel fully alive and connected with the miracle and majesty of the Pacific Ocean?

**Join us for this half-day retreat of exploration and experience:
bringing full presence of open senses, heart and mind,
surrendering to the awe of the Ocean's teachings of Waking-Up in the Wild.**

Sittin'-in-the-Waves is a meditation practice developed by Marianne Rowe.
Different from surfing, swimming or boogie-boarding,
this practice is focused on *being* rather than *doing* while in the water.
It is an amazing experience of exhilaration— of being moved, splashed and spun-around—
and reclaiming balance of the body and mind.

So, grab your wetsuit (or rent one if you don't own one)
and join us for this opportunity to meditate *in* Monterey Bay.
After our time in the water, we'll enjoy a picnic lunch and each other,
as we share our perspectives, insights and experiences.

Saturday, Sept. 14, 10:00 am - 2:00 pm
Asilomar Beach, Pacific Grove
\$85

(Non-participation Policy: No refunds)

This retreat is part of the "Waking Up in the Wild" series.

See www.montereybaymeditation.com for details and registration.

Facilitator: Marianne Rowe is a Founding Teacher of Monterey Bay Meditation Studio,
a Licensed Marriage and Family Therapist, and Lifelong Lover of the Ocean. www.mariannerowe.net



529 Central Ave, Suite 201 A, Pacific Grove ~ www.montereybaymeditation.com



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

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