



# *October/November 2019 Newsletter*

## *The Monterey County Chapter*

California Association of Marriage and Family Therapists



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

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

## **MC-CAMFT CALENDAR**

### **OCTOBER 2019 CONFERENCE**

Date: **Friday, October 4, 2019**  
Time: **9am-4:30pm**  
Topic: **Forgiveness Training for Therapists**  
Presenters: **Michelle Gannon PhD, and Sam Jinich PhD**  
Location: **Tides Hotel 2600 Sand Dunes Drive  
Monterey**  
Cost: **\$100-\$190**  
Registration details: [www.mccamft.org](http://www.mccamft.org)

### **NOVEMBER MEMBER SALON**

Date: **Friday, November 1, 2019**  
Time: **9:00am – 12:00pm**  
Topic: **Serving Those Who Serve: Ethical Competency and Considerations of working with Servicemembers and their Families**  
Presenter: **Cindy J. Kao, PsyD, LPC**  
Location: **La Mesa Community Center, Birthday Room, 1200 Fechteler Road**  
Cost: **\$10.00 includes CEU's**

### **DECEMBER 2019 HOLIDAY EVENT**

Date: **Sunday, December 8, 2019**  
Location: **Rio Grill, 101 Crossroads Blvd, Carmel, CA**  
Time: *More details to come*  
Cost: *More details to come*

### **JANUARY LUNCHEON**

Date: **Friday, January 10, 2020**  
Time: **11:30am – 2:00pm**  
Topic: **Child and Adolescent Psychiatric Update**  
Presenter: **Dr. Susan Swick, CHOMP psychiatrist**  
Location: **Hilton Garden Inn, 1000 Aguajito Rd, Monterey**  
Cost: **Chapter Member \$28; Guest, Nonmember \$30; Pre-licensed \$20**

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## President's Message

We have a lot going on in the coming months, so get your calendars ready and write these down in ink.

First off, are you registered for the Oct 4 all day conference on facilitating forgiveness conversations for ALL relationships? We all need forgiveness and we need to learn how to ask and accept forgiveness in the most healing ways possible. Sign up today!

A salon (members only) is scheduled on November 1<sup>st</sup>. "Serving Those Who Serve," will address the unique ethical concerns and common stressors of military service members and their families. We are lucky to have Cindy Kao, PsyD, a professor at CSUMB and frequent conference presenter spend 3 hours (3 CEs) talking to us about this unique population. If you work with military members or families, you owe it to them and yourself to attend. If you don't currently work with the military, join this discussion anyway because we need more therapists who are trained to understand and help these folks who have an incredibly stressful life.

On December 8<sup>th</sup>, we are hosting our HOLIDAY PARTY. Join us on a late Sunday afternoon! Rio Grill will again provide those incredible appetizers. Your collegial friends will all be there, and we are making this so affordable that you'd be nuts not to attend! Members \$20, Guests \$10.

Prepare to join us January 10<sup>th</sup>, at our NEW MEETING LOCATION: Hilton Garden Inn on Aguajito Road in Monterey. Susan Swick, MD, will let us know the latest plans and update us on the upcoming child and adolescent treatment center known as Ohana. Dr Swick will also speak on current psychiatric issues and treatment concerns for children and adolescents. Please join us.

On July 11<sup>th</sup> we will host a day-long conference on suicide prevention and legal ethical concerns: "The Call of Darkness" presented by Lawrence Hedges, PhD. This course meets the licensure requirements for psychologists, LMFTs and LCSWs. A number of our members have been to various presentations with Dr Hedges and report that he is a fabulously creative presenter. Join your colleagues for this required training -- it's a lot more fun than taking it online, ugh. Location: Hilton Garden Inn, Monterey.

Congratulations to Brian Boles, an equine therapist and our currently website-featured member.

Lastly, thank you to all who attended our Sept 13<sup>th</sup> luncheon on The Hidden Epidemic of Shame. We had a sold-out venue and understand that a few of you shamelessly snuck in after we had said registration was closed! I personally appreciated your moxie.

See you at our upcoming events. Our new location at the Hilton Garden Inn will allow us more room to grow, delicious food prepared by chefs, and no room fee. We are grateful to the Monterey Pines venue—it was a good home for several years.

**All the best to each of you,  
Kristine**

## FORGIVENESS TRAINING FOR THERAPISTS

**Date:** Friday, Oct. 4, 2019

**Time:** 9am – 4:30pm

**Presenters:** Michelle Gannon PhD, & Sam Jinich PhD

**Location:** Tides Hotel, 2600 Sand Dunes Drive,  
Monterey

### Learn How to Facilitate Effective and Powerful Forgiveness Conversations

Based on Emotionally Focused Therapy and Attachment Injury Repair Model **with Michelle Gannon, Ph.D. & Sam Jinich, Ph.D.**

In all relationships we make mistakes and hurt those we love. As therapists, many of us struggle with how to truly help clients heal from painful attachment injuries and how to facilitate effective forgiveness conversations. Sam and Michelle will share a powerful day about Forgiveness based on Emotionally Focused Therapy (EFT) and the Attachment Injury Repair Model (A.I.R.M), and we will learn through didactic instruction, experiential exercises, watching filmed examples, and role play opportunities. Their approach is positive, encouraging and safe.

Michelle Gannon, Ph.D. & Sam Jinich, Ph.D. teach in San Francisco, Tiburon, Esalen, Big Sur, and Internationally.

Teachings are appropriate for healthcare professionals as well as the general public. Healthcare professionals will be able to incorporate the tools and practices offered in this program in ways beneficial to clients or patients.

**Registration information:** [www.mccamft.org](http://www.mccamft.org)



### Like Us on Facebook!

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## NOVEMBER MEMBER SALON

### Serving Those Who Serve: Ethical Competency and Considerations of working with Servicemembers and their Families

**Date:** Friday, Nov. 1, 2019

**Time:** 9-12 am, 3 CEU's

**Location:** La Mesa Community Center, Birthday Room, 1200 Fechteler Road

**Salon fee:** \$10.00 includes CEU's

**Cindy's phone:** 877-795-1343

In the workshop participants will explore some unique ethical concerns and how to benefit military servicemembers and their families. To develop competency the workshop will provide an overview of military culture and demographics as well as a familiarization of common stressors and conditions associated with military service. This information will cover and differentiate between military personnel and their families. Participants will also discuss case studies and role play scenarios in order to highlight the novel concerns and ethical considerations of working with these populations.

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Dr. Cindy Kao is a Licensed Professional Counselor and obtained her Doctorate in Clinical Psychology (PsyD) from The Chicago School of Professional Psychology in Los Angeles. She has worked with a range of populations including; military families, community mental health, at-risk youth, substance abuse, perpetrators and victims of domestic violence, intellectual disabilities, and elderly populations. She specializes in treatment through relational work concerning daily stresses, feelings of loneliness, worry, grief and trauma, dealing with change, parenting, and women's issues. She has frequently presented at conferences, conducted professional training events and community workshops, and has been interviewed for radio programs, podcasts, and publications. Dr. Kao has worked as a professor of psychology at both the graduate and undergraduate level, currently lecturing at California State University, Monterey Bay. Her work with military families includes her dissertation, presentations at multiple conferences, and in clinical settings. Most recently she appeared on KSCO Santa Cruz radio's "Veterans Take Charge" to discuss the unique experiences of services members and their spouses.

## SAVE THE DATE

### *The Call of Darkness: Managing Suicidality in Clinical Practice*

FRIDAY JULY 17, 2020  
ALL-DAY CONFERENCE

This day-long conference on suicide prevention and legal ethical concerns is presented by Lawrence Hedges, PhD. This course meets the licensure requirements for psychologists, LMFTs and LCSWs for California's licensing board's mandate of suicide prevention and law & ethics.

#### **Licensure Requirement Information:**

4989.23. REQUIRED COURSEWORK OR SUPERVISED EXPERIENCE: SUICIDE RISK ASSESSMENT AND INTERVENTION

(a) On or after January 1, 2021, an applicant for licensure as an educational psychologist shall show, as part of the application, that he or she has completed a minimum of six hours of coursework or applied experience under supervision in suicide risk assessment and intervention. This requirement shall be met in one of the following ways:

(1) Obtained as part of his or her qualifying graduate degree program. To satisfy this requirement, the applicant shall submit to the board a written certification from the registrar or training director of the educational institution or program from which the applicant graduated stating that the coursework required by this section is included within the institution's curriculum required for graduation at the time the applicant graduated, or within the coursework that was completed by the applicant.

(2) Obtained as part of his or her applied experience. Applied experience can be met in any of the following settings: practicum, supervised experience gained pursuant to Section 4989.20, formal postdoctoral placement that meets the requirements of Section 2911, or other qualifying supervised experience. To satisfy this requirement, the applicant shall submit to the board a written certification from the director of training for the program or primary supervisor where the qualifying

experience has occurred stating that the training required by this section is included within the applied experience.

3) By taking a continuing education course that meets the requirements of Section 4989.34. To satisfy this requirement, the applicant shall submit to the board a certification of completion.

(b) As a one-time requirement, a licensee prior to the time of his or her first renewal after January 1, 2021, or an applicant for reactivation or reinstatement to an active license status on or after January 1, 2021, shall have completed a minimum of six hours of coursework or applied experience under supervision in suicide risk assessment and intervention, using one of the methods specified in subdivision (a). (emphasis added)

(c) Proof of compliance with this section shall be certified under penalty of perjury that he or she is in compliance with this section and shall be retained for submission to the board upon request.

Source: BBS Statutes & Regulations, January 2019  
pages 62-63

<https://www.bbs.ca.gov/pdf/publications/lawsregs.pdf>

## COUPLES CORNER

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

### **Nurture Your Relationship By Nurturing Yourself**

In working with couples, I often see that in the busyness of work, family, and life in general, relationships can wither, like a once beautiful plant in great need of water. I coach couples to nurture the relationship – to carve out quality time, fun, and adventure. What often gets overlooked, however, is the fact that, if we as individuals are lacking energy, enthusiasm, and attention, it isn't possible to give it to our relationship. I believe that sex is a reflection of the relationship and that the relationship is a reflection of the individuals involved. The quality of the relationship can never be better than the quality of the individuals involved.

Practicing self-care IS caring for the relationship. I think about self-care in terms of the following:

- How am I taking care of and nourishing my body, mind, heart, and soul/spirit?
- How am I maintaining balance in the important parts of my life so that I have the energy to show up fully and participate in my life?
- How am I resetting on a daily basis so that I'm not carrying accumulated stress or negative energy based on the past?

Although love may be unconditional, romantic love is not. To keep the erotic spark in a relationship, an individual's needs and desires are often very specific. Certain stimuli either press our erotic accelerator or press our erotic brakes (Come As You Are; The Surprising New Science That Will Transform Your Sex Life by Emily Nagoski). When one partner says "I love you but I don't feel in love with you anymore," this means the romantic/erotic spark has dimmed or been snuffed out completely. How can we expect our partner to remain attracted to us if we don't feel attractive to ourselves? How can we expect our partner to move towards us with energy and vitality if we are running on fumes and have little to return? How can we expect our partner to move toward us with vulnerability and sweetness when we bark at them or react as a result of accumulated stress?

The fact that the divorce rate in America hovers around 50% reflects the lack of balance in relationships and individuals in our culture. How are we balancing our lives so that we have the energy to tend to the important relationships in our lives? To do this we must first tend to ourselves. This philosophy is counter to the martyrdom myth that enculturated many of us and is often breathing down the necks of therapists. When did self-care become the last thing to do in the day or the week? To have vital, robust, and healthy relationships we need to be vital, robust and healthy individuals. Isn't this a worthy challenge? How, as therapists, can we give ourselves this gift and, in turn, model it for the individuals and couples with whom we work?

## Local News: Ohana: Transforming Mental Health Care for our Kids

### **Building Ohana: Unprecedented \$105 Million Gift to Transform Behavioral Healthcare for Our Children**

*Article source: <http://www.chomp-pulse.org/JAN2018/PulseWinter2018.pdf>*

Bertie Bialek Elliott wanted to do something transformational in the place she calls home. And she has — donating \$105 million to Montage Health Foundation, the largest gift ever in Monterey County and one of the most significant philanthropic commitments in healthcare nationwide.

The extraordinary gift will be devoted exclusively to creating an innovative approach to child and adolescent mental and behavioral health. The hope is that elements of the model will be replicated elsewhere to address similar concerns throughout the nation.

"Very few people are fortunate enough to be able to give a gift of this size, and there are even fewer who have the vision to fund this particular need," says Steven Packer, MD, president/CEO of Montage Health.

The need is painfully apparent, anecdotally and statistically. Nearly everyone can share stories about children or young people who are struggling with everything from stress and anxiety to more serious diagnoses. Some families try to handle it on their own, others reach out for help and find few places to go.

"Our kids really are neglected when it comes to mental healthcare," says Dr. Eric Jacobson, medical director of Behavioral Health Services at Community Hospital of the Monterey Peninsula.

The unprecedented venture will include everything from an actual "Ohana House" to early intervention, comprehensive support for young people and their families, and partnerships with an



extensive collection of existing community organizations.

“This is about taking care of children and young people who need help,” Elliott says, “and their families, who can feel very isolated. It’s very scary. This will be a place where you come and it’s OK. It’s just part of life. We’re here to help. It’s something we’re going to work on together.”

Packer, Elliott, and a handful of others began talking about the possibilities late last year. Elliott, a longtime supporter and former trustee of Community Hospital of the Monterey Peninsula, which is part of Montage Health, expressed interest in making a significant gift.

“We presented several possibilities to her, and she quickly landed on this one,” Packer says. “She was concerned that, if she didn’t do it, a transformational gift to fund this needed program might never occur.”

Details are preliminary, as much more program development and planning needs to be done.

“We envision a warm, welcoming center on Montage Health property at Ryan Ranch,” Packer says. “But we see much more than bricks and mortar — a groundbreaking hub for comprehensive, innovative solutions, with concentric circles of care emanating throughout our community.”

Research and feedback from families who have struggled with behavioral health issues point to two key areas: what happens to a young person before they are in crisis or need urgent care, and what happens to them once they have received care. So often, families and children and adolescents are struggling, adapting, and trying to survive long before they reach crisis. And when that doesn’t work, frequently they turn to urgent or emergency care. Then, after that short-term solution, they often return to the same environment that contributed to the need for care in the first place, with no support for sustaining any gains made.

“That means we need to help them, their families, and those in their circles of influence throughout

their entire journey,” Packer says. “As we began conceiving Ohana, we asked, literally and metaphorically, ‘What if we could help support them before they reach a crisis?’ and then, ‘What if we could follow them home?’ More directly, what if the extraordinary care they received through Ohana could follow them out into their everyday lives? Help them to continue a healthier way of living that gave them not only hope, but tools? That is what we want to build.”

The first step is a national search for an innovator in pediatric/adolescent behavioral health. A search firm has been engaged and is charged with identifying a clinical director who will create and maintain an unparalleled program of care.

Following that, over the course of the next five years, there will be the development of programs and relationships throughout Monterey County that involve the entire family, schools, pediatricians, community organizations, and others.

#### **Nationally:**

- As many as 1 in 5 children and adolescents ages 9-17 in the U.S. may have a diagnosable psychiatric disorder
- One study estimated the need for 30,000 child and adolescent psychiatrists but found that only 6,300 were practicing

#### **In California:**

- From 1995 to 2010, the number of inpatient beds for young people with acute psychiatric issues declined 40 percent
- There are fewer than 1,050 child and adolescent psychiatrists to serve more than 9 million children and teens

#### **On the Central Coast:**

- From 2014–17, nearly 1 in 6 high school students surveyed in the Monterey Peninsula Unified School District seriously considered suicide and about 1 in 3 suffered depression-related feelings, according to the California Department of Education
- Monterey, San Benito, and Santa Cruz — and 44 other California counties — have no child/adolescent inpatient psychiatric beds

There will also be the construction of Ohana House, the headquarters for all things Ohana, which is expected to include:

- Up to 24 inpatient beds, with separate areas for boys and girls
- Indoor and outdoor recreational and quiet spaces
- An outpatient treatment wing
- Rooms for one-on-one and family counseling
- Space for community activities
- Classrooms for inpatient youth and space for training and workshops

Of course, the issue is much bigger and broader than the shortage of therapists and inpatient centers; there are needs all along the spectrum of care.

“You have to have a system with multiple levels of care and appropriate follow-up, with kids and their families,” Jacobson says.

That is the goal in Monterey County, under the program name chosen by Elliott: Ohana. The word is Hawaiian for “family,” in an extended sense — blood-related, adoptive, and chosen.

“It truly encapsulates the community we want to reach — children, adolescents, families, and those who care about and for them,” Packer says.

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#### **OHANA UPDATES**

*To stay up to date on Ohana, go to [montagehealthohana.org](http://montagehealthohana.org)*

*You can also find information there about how to contribute to the Ohana project, supporting behavioral health services for children and adolescents in our community.*

## **GUEST ARTICLE: Cinema Therapy**

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

### **Movie: Late Night**

*Reviewed by Charlyne Gelt, Ph.D.*

*"It's the heart afraid of breaking that never learns to dance."*

*Amanda McBroom*

Psychologists search for what makes people change. Often, as in the film LATE NIGHT, ordinary human interaction does the trick. However, "interaction with others" as a prescription for healing is easier said than done, especially when aspects of one's "shadow" self may block the capacity to have a successful relationship. Generally, one is unaware that a problem even exists! Reasons for the blocks are locked in the murky waters of the unconscious.

LATE NIGHT stars Emma Thompson as talk show host Katherine Newbury, the sole female to have dominated the late-night comedy circuit for over thirty years. Workplace crisis and circumstances place Katherine together with a new young "diversity hire," Molly Patel, played by Mindy Kaling (who also wrote and produced the film). Hovering in the film's background is Katherine's detached husband, Walter (John Lithgow) with whom she leads a very private life. Though suffering from a debilitating disease, Walter is Katherine's nurturing and steadfast supporter, her advocate, and her critic.

Katherine presents as a rigid, harsh, iron-fisted, cold, arrogant character, elitist, out of touch, and unbending. But as a talk show host, she has developed a long-term kinship with her audience, a community of fans who resonate with her style, love her sharp comedy, and her biting humor which shields her deep, inner sense of inadequacy. She surrounds herself with mirroring "self-objects," meaning employees who idealize her, mimic her perspective, and her opinions, and men who admire

and validate rather than confront her. Unable to tolerate differentness, she fires employees who defy her authority. Unaware of her own self-absorbed style, she even accuses a younger generation of writers of being narcissistic.

LATE NIGHT opens with a crisis brewing: Though Katherine's office is lined with Emmy Awards, her ratings have taken a nosedive. The very talent, the caustic humor that always protected her from herself, is no longer working and now her previously welcoming audience feels she has become out-of-touch with them and with the changes in the world around her.

As Katherine begins to face the reality that her legendary show is on the chopping block, she is reluctantly forced to take action which includes a good, hard look at those "shadow" parts of herself she would rather deny (Jung). When her all-male staff informs her that they need to address some "diversity issue to help the show, Katherine, not known to be a fan of other women, orders her right-hand man Brad (Denis O'Hare) to hire a woman. This turns out to be Molly Patel who just happened to be interviewing with Brad that day. She is inexperienced, but because she's not only a woman ---- but a woman of color, she gets hired on the spot. Now the big question is, how will this naive, starry-eyed outsider survive as the only female woman of color in their all white, male writer's room?

Not surprisingly, Molly is initially given a hard time when she first enters the writer's room. Though paying lip service to diversity, it's clear that nobody wants her there. There isn't even a chair for her, so she overturns a trash can and sits on it! When she brings her Quality Control experience to bear, suggesting ways to improve the "Late Night" show, both she and her ideas are resented.

Molly's fresh perspective and genuine character earns her respect, chipping away at Katherine's cold protective shell. Katherine's public and private worlds are turned upside down, encouraging her to stop hiding behind a facade of rigidity and emotional isolation. It draws out her own "gifts," giving rise to the asset within her "shadow" side.

Now let's take a look at the psychological dynamics and interactions of LATE NIGHT's characters from a depth perspective.

### **Psychological Implications:**

LATE NIGHT is billed as a comedy, but subtle tongue-in-cheek satirical commentary woven into the dialogue speaks to challenges in real life situations encountered by women in all walks of life ---- issues of class, gender, age, sexual intonations, the #Me-Too movement, assumptions about men, women, power, and diversity are discussed.

Molly's character is a metaphor for one who awakens the "elephant in the room." Her presence creates hostility and anxiety because she represents change in the system. It then bridges a coming together of the opposing characteristics of two women, separated by culture and generations, as they bond in a common goal, the subtleties of comedy itself. The connection of these opposing aspects has unexpected positive consequences as they struggle to find a handhold in a culture that doesn't want them to succeed.

We bear witness to Katherine's new aliveness as she comes to grips with the dis-owned aspects of herself. She stops hiding her painful struggle with depression, builds emotional connection with her coworkers and peers, repairs her marriage, and embraces the diversity within herself. This is the goal of the journey of individuation (Jung), wholeness, consciousness, a coming to terms with those split-off, repressed, pushed-down, shadowy aspects of the self.

LATE NIGHT is a good example of how the characters' dynamics and a basic understanding of the psychological concepts of "shadow" and "self-object," can make film viewing much more interesting.

### **Shadow:**

Briefly, "shadow" is a word coined by CG Jung to sum up what each of us fears and despises and cannot accept in ourselves. This is not to say that a low evaluation of self is correct; it could be something that was handed down to us from our family of origin ---- core beliefs about certain qualities, for example. So, anything we perceive



(correctly or not) as "not right" within us may be "shadow" content.

It has been said that if "you spot it, you got it." Like Katherine, most of us are blind to our own psychological shadow, which we often project onto others ---- our partners, our parents, even strangers. Interestingly, we project our positive as well as our perceived negative traits. To others our shadow characteristics may be "as plain as the nose on your face," hard to "own."

It's difficult to look in the mirror and see what lies dormant until a crisis knocks us down a peg. Look at the character defects in others that frustrate you the most. "Am I seeing myself in them?" Katherine clearly saw these defects in others but could not look in the mirror until Late Night was on the chopping block.

### **Narcissistic Wounding and Self-Object:**

As a poetic metaphor, "All the king's horses and all the king's men could not put Humpty Dumpty together again." Like Humpty Dumpty, Katherine feared falling apart. To keep herself glued together, she needed mirroring, validation, and approval which she satisfied by surrounding herself with an adoring audience and yes-men in order to maintain a cohesive sense of self.

We all need affirmation of our value, to be the gleam in somebody's eye. In Kohut's self-psychology (Kohut 1971; 1977; 1984) these are understood as self-object needs. If such normal childhood dependency needs are not met from the parental environment, the developing child experiences a narcissistic wound. Thus, the drive for a self-object in adulthood, hanging on to one who keeps us feeling glued together and enhances our sense of well-being. Katherine's "fan base" met her self-object needs, including her need for Twinship, kinship. This is an internal need for sameness with others, being understood by "someone like me," such as a community of people of shared beliefs. Katherine also needed to feel Idealized, to carry importance, to feel respected, admired, wise, and strong. These things brought her a source of soothing when anxious or stressed. As a successful stand-up comedian her unconscious needs got met.

Katherine's husband, Walter, was her adversarial self-object ---- both supportive and confirming and opposing force who allowed opposition to rear its ugly head. Both Katherine and Molly met the need for efficacy ---- they had an effect on each other, empowering both: "If I can elicit a response, I must be somebody."

These self-object needs are continuously unfolding as the process of individuation evolves.

Katherine and Molly each transform the other. Opportunity for change is always knocking, whether prompted by life crisis, illness, relationship issues, or workplace pressures. When Katherine's entire career was threatened, she was forced to deal with her beastly shadow issues (in the form of Molly). Such events may evolve into therapeutic opportunities and transformative experiences, and they pop up all around us every day.

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*Charlyne Gelt, Ph.D. (PSY22909) is a clinical psychologist who practices in Encino. She leads Women's Empowerment Groups that help women learn the tools to move beyond self-destructive relationship patterns. She may be reached at 818.501.4123 or [cgelt@earthlink.net](mailto:cgelt@earthlink.net). Her website is [www.drgelt.com](http://www.drgelt.com).*

### MC-CAMFT Members:

*Your ad here  
can reach more than 130  
MC-CAMFT members and  
over 30 local agencies and  
fellow CAMFT chapters*

*Contact Elizabeth Ramirez [elramirezmft@gmail.com](mailto:elramirezmft@gmail.com),  
831-754-3077 for details*

## NEWSLETTER FLYERS

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

- Cultivating Peace from the Inside Out  
~ MBMS, page 11
- Enter Being Class Series  
~ MBMS, page 12
- Feeling Good Therapy and Training Center:  
Position Announcement  
~ FGTTTC, pages 13-14
- Forest Bathing  
~ MBMS, page 15
- Impermanence: Vulnerability & Mortality  
~ MBMS, page 16

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:

- **Lead Therapist – Santa Cruz Residential Recovery, Encompass Community Services – Santa Cruz, CA**
- **Therapist or Registered Associate Therapist – The Lotus Collaborative - Santa Cruz, CA**
- **Group Therapist – Alsana: An Eating Recovery Community – Monterey, CA**

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

**Robin Andersen, LMFT**  
Founder of Prelicensed



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



~~ Tuesday evenings, November 5, 12, 19, & 26 ~ 5:30 – 7:00 p.m.  
529 Central Ave., Ste. 201A, Pacific Grove, CA 93950  
(Monterey Bay Meditation Studio)

\$140 (includes “Cultivating Peace: Practice Guide & Journal”)

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

Through discussion, guided meditation, & creativity,  
this course focuses on mindfulness & experiential practices that:

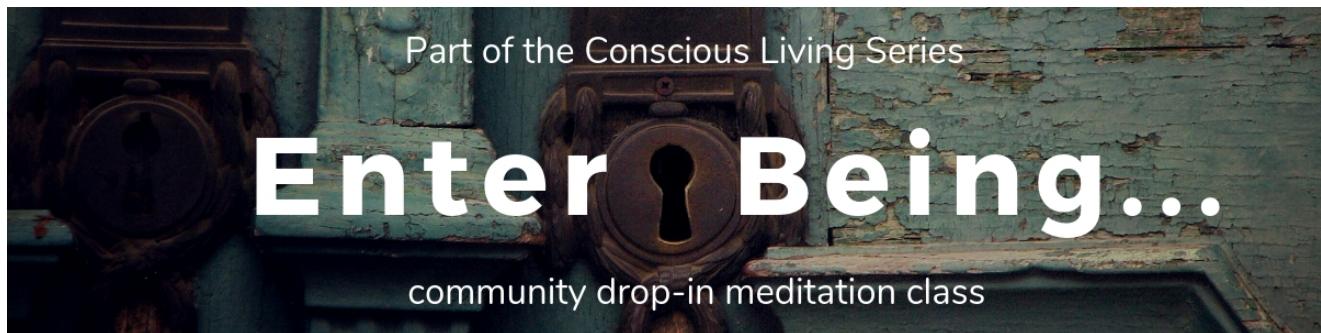
- ❖ cultivate a sense of calm, connectedness and well-being;
- ❖ shift emotional reactivity to conscious responsiveness; and
- ❖ deepen insight and access compassion for oneself and others.

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

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

Because class size is limited, advance registration is required. Non-participation Policy: No refunds.  
For maximum benefit, participants are requested to attend all 4 classes of the course.





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

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

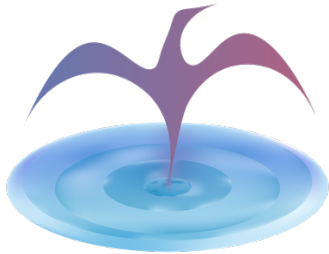
Jan. 19: "Enter Being Present;" Feb. 16: "Enter Being Welcoming;"  
March 16: "Enter Being Vulnerable;" April 20: "Enter Being Resilient;"  
May 18: "Enter Being Aware;" June 15: "Enter Being Kind;"  
July: (No Class); Aug. 17: "Enter Being Curious;"  
Sept. 21: "Enter Being Generous;" Oct. 19: "Enter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

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

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



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



Feeling Good Therapy &amp; Training Center

831-621-1150

FeelingGoodTherapy.Com

## Feeling Good Therapy and Training Center

343 Church Street Santa Cruz, CA 95060

### POSITION ANNOUNCEMENT

We are looking to add clinicians specialized in a variety of mental health areas to our team of successful private practitioners at the Feeling Good Therapy and Training Center.

If you wish to have the independence of your own private practice and yet wish to belong to a cutting-edge group practice that gives you a place to learn, thrive, and grow with like-minded clinicians, you are invited to apply.

Our center was established to teach and promote evidence-based cognitive behavioral therapy based on the new and advanced model of TEAM-CBT. TEAM-CBT was established by Stanford Professor Emeritus and one of the pioneers of CBT: Dr. David Burns M.D. The model incorporates several components that make psychotherapy work for a majority of people in a short amount of time with long-lasting results. Please visit both [www.feelinggood.com](http://www.feelinggood.com) and [www.feelinggoodtherapy.com](http://www.feelinggoodtherapy.com).

Successful candidates are clinicians interested in establishing a private practice within our professional and academically oriented group practice in Santa Cruz. Furthermore, successful candidates are those who are enthusiastic in learning the TEAM-CBT model through weekly training, weekly case consultation, and a strong desire to build their private practice while being a part of a well-established group practice.

You can expect to grow your private practice in a significantly short time, as your services will be listed, promoted and advertised through our robust and interactive website, our steady community outreach activities, and our mentorship on maintaining a thriving private practice.

#### Minimum Requirements:

- Licensed as a mental health professional in California
- Demonstrated expertise in one or several of the following areas:
  - Eating Disorders among adolescents and young adults
  - Learning differences in elementary school and middle and high school aged students
  - LGBTQBT community and special considerations in adolescents
  - Couples therapy and relationship issues
- Well organized written and oral presentation skills



- Demonstrated interest and dedication in expanding your private practice within a group practice.

Preferred Skills:

- Previous familiarity in CBT, TEAM-CBT and/or similar evidence-based models of psychotherapy.

Dr. Katie Dashtban, Psy.D. is the founder and director of Feeling Good Therapy and Training Center in Santa Cruz. She is a certified level 4 TEAM-CBT Trainer since 2014. Her approach to leading the center is based on the premise that access to high-quality mental health services is everyone's right. Therefore, teaching and mentoring clinicians while supporting the growth of their private practices, describes her vision for having had established the center.

What is included:

- Beautiful high-end office space and state of the art amenities needed to establish and support your private practice.
- Weekly Case Consultation with Dr. Dashtban, Level 4 TEAM-CBT Trainer.
- 36 weeks of training in TEAM-CBT per year along with Continuing Education Certification approved by APA (FGTTC is an approved provider of CEU's by APA).
- Presence in our robust website and opportunity for community networking and outreach to boost your private practice.

Cost:

\$1098/month

**831-621-1150**

[FeelingGoodTherapy.Com](http://FeelingGoodTherapy.Com)



**Saturday, Nov. 2, 2019**

**10:00 a.m. – 1:00 p.m.**

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

Spending quiet, contemplative time in the forest feels, in many ways,  
like coming home to a peaceful place inside the heart.

The practice of *shinrin-yoku* ("Forest Bathing") is a form of guided nature meditation,  
an "immersion" into the space of trees, plants and inhabitants of the forest.

In this practice, specific invitations are offered to cultivate a deep relationship with the natural world by  
engaging the senses while noticing the effects of this connection on the body, heart, and spirit.

Research has shown this practice to be significantly beneficial for reducing stress, strengthening the  
immune system, inspiring creativity, and enhancing a sense of well-being.

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

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

Advance Registration is Required. Cancellation Policy: No Refunds.



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

Monterey Bay Meditation Studio invites you to explore ...

## Impermanence: Vulnerability and Mortality



October 8, 15, 22, & 29, 2019 ~ Tuesday evenings, 5:30-7:00  
529 Central Ave., Ste. 201A, Pacific Grove,  
\$140 (includes Practice Guide & Journal)

### Impermanence:

The fact that no thing, no body, no where will last forever.

### Vulnerability:

The feeling that arises when we *really* get it that no thing, no body, no where will last forever.

### Mortality:

The circumstance that we all face when no thing, no body, no where will last forever.

### OK, nothing lasts. Now what?

What happens when we allow ourselves to open our hearts and minds  
to impermanence, vulnerability and mortality? What are the gifts?

How do we benefit from acknowledging impermanence as a fact of life?

How do we benefit from being vulnerable? How do we benefit from accepting mortality?

This course engages guided meditation, teaching, discussion, and creativity  
as we explore the mysteries, resistances, & teachings of  
conscious relationship with impermanence, vulnerability & mortality.

### Teacher

Marianne Rowe, MS, LMFT, is a psychotherapist, founding teacher of Monterey Bay Meditation Studio,  
& founder of Mindful Education Project. [www.mariannerowe.net](http://www.mariannerowe.net)

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

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





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

#### **NEWSLETTER 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  
[elramirezmfata@gmail.com](mailto:elramirezmfata@gmail.com) 831-754-3077

#### **NEWSLETTER ADVERTISING**

Advertisements including classifieds and flyers must be placed prior to the advertising deadline. All ads must obtain approval by the Newsletter Editor, Advertising Chair and the MC-CAMFT Board President.

Advertisements should be submitted by email attachment as a Word document with the exact wording desired. Submission and approval for all advertisements, including payment, is due by the 15th of the month preceding publication.

#### **NEWSLETTER DEADLINES**

Newsletters are published at the beginning of the month, every other month (February/March, April/May, June/July, August/September, October/November, December/January). *Deadline to contribute articles and advertisements is the 15<sup>th</sup> of the month preceding the publication.*

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

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

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

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