



# *December '19/January '20 Newsletter*

**The Monterey County Chapter**  
California Association of Marriage and Family Therapists



## **MC-CAMFT CALENDAR**

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

1. Current Member Directory
2. Classifieds Page for Members
3. Chapter Board Contact
4. Specialized Forums
5. Membership Information
6. Online Newsletter
7. Networking Opportunities
8. Chapter Documents Access
9. Sponsorship Opportunities

### **HOLIDAY PARTY**

Date/Time: **Sunday, December 8, 2019, 4-7pm**  
Location: **Rio Grill, 101 Crossroads Blvd, Carmel, CA**  
Cost: **Members \$20, Guests \$10**

### **JANUARY LUNCHEON**

Date/Time: **Friday, January 10, 2020, 11:30am-2pm**  
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**

### **FEBRUARY MEMBER SALON**

Date/Time: **To Be Determined**  
Topic: **Treatment in Addictions**  
Presenter: **Lynn Finnell, LMFT LAADC**  
Location: **To Be Determined**  
Cost: **\$10 includes CEU's**

### **MARCH LUNCHEON**

Date/Time: **Saturday, March 21, 2020, 9am-12pm**  
Topic: **Healing Wounds of Infidelity**  
Presenter: **Dr. Talal Alsaleem**  
Location: **Hilton Garden Inn, 1000 Aguajito Rd, Monterey**  
Cost: **Chapter Member \$28; Guest, Nonmember \$30; Pre-licensed \$20**

### **JULY ALL DAY WORKSHOP**

Date: **Saturday, July 11, 2020**  
Topic: **The Call of Darkness: Managing Suicidality in Clinical Practice**  
Presenter: **Dr. Lawrence Hedges, PhD.**  
**Mandated course for LCSW, LMFT and PhD**  
**More details to come**

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## President's Message

Are you coming to the Holiday Party? Register today and join your friends and colleagues for another fabulous party at Rio Grill, December 8, a Sunday, from 4:00-7:00pm. We look forward to seeing you. Information and registration are on our website, MCCAMFT.ORG

2020 brings new leadership to our chapter. We welcome Jennifer Farley as our new board president. Jenn is ready to go and brings leadership experience and a dedication to continuing all the best of MC-CAMFT and adding creative ideas and fresh energy to the chapter. Welcome Jenn!

Sadly, several members of the board are leaving. As you know, the board is the backbone and the workhorse of the chapter. Without the volunteer members, we wouldn't have the thriving chapter we have today. Pam Hughes, our CE Chair will be leaving as soon as we can find someone to take her position. Pam has dedicated many hours recently to getting our Chapter recertified through CAMFT to be a CE provider. It is huge task and if that wasn't bad enough, she also applied for recertification through a third party so we can provide CEs to psychologists. We appreciate all she has done for this recertification and for all our events. Thank you, Pam. We wish you would stay now that the worst is over.

Robin DeFilippi and Kevin Glenn are leaving their positions as Co-Chairs of the prelicensed committee. Over the last two years, both have reached out to the prelicensed group only to find they are a difficult group to engage. Thank you to both of you for your efforts and persistence. We appreciate your contributions to our board. Lynn Finnell has bravely agreed to take on this role for the future. Thank you, Lynn!

This leads to WE NEED YOU to serve on our board. It's an opportunity to give back, hone your leadership skills and affiliate with other board members. If you are concerned about time commitments or whether you have the skill set, please contact me, Jenn or any board member and we will gratefully give you the details. Wouldn't 2020 be a great year for you to give back?

Unfortunately, I have gotten complaints from potential clients seeking services and from several agencies that our members are remiss in returning their calls. Let's please take the time, whether we can help these folks or not, to at least respond to their inquiries. Thank you.

Remember we have a new location for all upcoming events beginning January 2020.

*(Continued on page 3)*

*(Continued from page 2)*

Mark your calendars:

**January 10, 2020** - Dr Susan Swick will speak to us about the new child and adolescent treatment center, Ohana. She will also address new trends in the treatment of children and adolescents. We are pleased to have Dr Swick speak with us.

**February** (date to be determined) - Lynn Finnell, LMFT, LAADC, will hold a Salon (members only) on the treatment of addictions in our client population. Lynn is a dual licensed psychotherapist and addiction specialist. She also teaches addiction at Brandman University, Hartnell Community College, and at Soledad. Lynn is a skilled teacher and certainly knows about addiction in all populations!

**March 21, 2020** - Saturday from 9am – noon, Dr. Talal Alsaleem will be presenting a workshop on healing the wounds of infidelity. Dr. Alsaleem has presented at regional conferences, has spoken to a number of other CAMFT chapters and promises to be engaging and knowledgeable. I hope all of you who cannot make our Friday events will join us for breakfast and this timely topic.

**July 11, 2020** – Saturday, Dr. Hedges will present an all-day workshop on suicide prevention and law and ethics. This is a 6-hour mandated course and satisfies all of LCSW, LMFT and PhD requirements. 6 CEs provided.

May I take a minute to wish all of you a peaceful and hope-filled holiday season. This is my last president's message and I thank you for the opportunity to serve as your president for these past years. It has been an honor to get to know you all better. When I first started, Judy Maliyah would ask me after an event about new attendees. At that time, you were all new to me! And I have really enjoyed standing in front of the room to welcome you to our events and experience how much you just wanted to keep talking to your colleagues. I love that we have that energy in our chapter and I actually enjoyed working to get the meeting started on time! I will miss this.

**Happy Holidays. Be safe and thank you,**  
**Kristine**



## **Happy Holidays**

*Join us for the chapter holiday party!*

*Sunday*

*December 8, 2019*

*4pm – 7pm*

*To register, go to [www.mccamft.org](http://www.mccamft.org)*

## **JANUARY Presentation**

**Date:** Friday, January 10, 2020

**Time:** 11:30am – 2:00pm

**Topic:** Update on Ohana

**Presenter:** Dr. Susan Swick

**Location:** Hilton Garden Inn, Monterey

We are excited to open our 2020 chapter programs with Dr. Susan Swick, Medical Director of Ohana. She will talk about the groundbreaking approach to child and adolescent behavioral health, made possible by a \$105 million gift from Roberta Bialeck Elliott to Montage Health. Dr. Swick was chosen to lead Ohana after a national search for an innovator in the field.

Before joining Ohana, Dr. Swick was chief of the division of Child and Adolescent Psychiatry at Newton-Wellesley Hospital in Newton, Massachusetts. She completed her training at Columbia University and Harvard Medical School. Her focus is to provide skills for children to develop resiliency that will prepare them for adulthood. Dr. Swick will also be speaking about child and adolescent treatment issues and interventions. She has a passion for the field, empathy, warmth, excellent communication skills and is creating a much-needed treatment center for our community.

### **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.*

Please note our new location for MC-CAMFT chapter presentations: Hilton Garden Inn, 1000 Aguajito Rd, Monterey



## Like Us on Facebook!

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

## MEMBER ARTICLE

### Psychedelic Medicine: Implications for Psychotherapists

by Jennifer Allen, LMFT, ATR-BC  
[www.boneknowing.com](http://www.boneknowing.com)

Like it or not, psychedelics, also known as entheogens, move one toward themselves and truth versus mask as well as move one away from difficult emotions and memories. Truth may be immensely painful, which is why the importance of “set,” which includes orientation, preparation, and mindset, is key.

If a medication is taken once or twice in a therapy context with attention to “set”, setting and integration, and improvement continues long after the drug is out of the body – it means we need to re-think medicine as treating symptoms and the dependence on medicine in the body to keep symptoms in check.

It means something actually changed in the brain – the hardware, and the wiring.

This creates a golden window of opportunity for the psychotherapy process. Clients who have been stuck, may move along with greater tolerance, resilience and fluidity because their brains actually got a reset. Through this paradigm, psychotherapy can help maintain the gains, but not in a way the client is dependent on. The experience with the medicine in a psychotherapy-assisted psychedelic session, promotes and reveals the client’s Inner Healer. This is a game changer. Much like EMDR therapy (Eye Movement Desensitization and Reprocessing) and experiential modalities such as art therapy have done for psychotherapy, psychedelic-assisted psychotherapy asks the therapist to step out of the way with all their theories and clever interventions and trust the client’s Inner Healer to show them their unique path of healing. We therapists become more like

midwives, holding space with a level of presence not always cultivated in talk therapy, witnessing the miracle of the person we are sitting with. It isn’t to say our training isn’t needed. Theoretical orientations and methods like IFS (Internal Family Systems), Hakomi, EMDR therapy, Natural Processing, Art Therapy, Somatic Experiencing, Focusing, etc. are extremely useful in the preparation and integration phases of treatment and occasionally and sparingly, during the psychedelic session.

This means our clients will get better quicker and therapy can be more efficient. Clients may not need to continue in therapy for the long term but may shift to maintenance support, which may be more psycho-spiritual in nature. If we haven’t developed this area of ourselves, we may notice clients moving on.

If you are a psychotherapist not interested in being trained in Psychedelic Assisted Therapy, it could be that you refer your client out to do the 9-11 session protocol (this may be different according to the medicines) with a trained person who you have a release to consult with upon completion of treatment. Outside of legal medicines such as ketamine for treatment resistant depression and PTSD, it might be a bit longer before the legal venue of Expanded Access clinics is up and rolling followed by medical legalization (specifically with the use of MDMA and psilocybin). This means your clients might be seeking opportunities as volunteers in studies or in the underground (illegal venue) where there are many guides with a wide range of skill and experience to take your client through an experience with an applicable medicine. As a therapist, you can take a non-judgmental, harm-reduction approach by:

- Opening the conversation by asking about their experiences with non-ordinary states.
- Encouraging your client to fully check-out a potential guide and be sure that person emphasizes “set,” setting and integration.
- Let them know they can (legally and above ground) work with a trained therapist for the preparation and initial integration following the experience. Tip: search “psychedelic support” for more information



- Let your client know about websites such as Erowid ([www.erowid.org](http://www.erowid.org)) and Tripsit (<https://tripsit.me>) to research the safety profile of the medicine they are seeking.
- Encourage them to get a test kit online. One source is Dancesafe (<https://dancesafe.org>) (ie. marquis reagent is a test for a wide variety of substances) to test synthetic substances before ingesting.

Opening the dialog with your client about this is important and this can be done at intake or mid-stream treatment by asking if they have ever had non-ordinary state experiences, giving examples of NOS such as: dreams, shamanic drum journey, psychedelics, holotropic breathwork. This is to help normalize these experiences and encourage the integration of them.

As many of us have witnessed, EMDR therapy can elicit a non-ordinary state, though it may be more subtle than other forms of NOS; so, can creativity, fasting, meditation, endurance exercise, ceremony/prayer, and ecstatic dance. Some of these more culturally familiar versions of NOS can help teach navigational skills prior to psychedelic use as well as aid in the integration of the psychedelic experience.

The non-ordinary experiences from psychedelics can inform “ordinary” consensual reality by bringing new insights and helping clients break out of loops and ruts, even if the experience was difficult. As a therapist, you can also assist in the ongoing integration and assimilation of learning into the daily lives of clients from these states, by encouraging them to be curious and willing to revisit and express the experience, which may often ineffable. This tends to be more expressive, somatic, and psycho-spiritual work. Be willing to hang out in the “not knowing” with clients as they process via experiential methods (felt-sense, movement, visual expression) versus analyzing and short circuiting with premature meaning-making.

Sometimes these experiences are life-changing but not mentioned in therapy due to the social taboo, not only on psychedelics but on mystical experiences. Since most psychedelics are currently still illegal, despite being very close to medical legalization, there is also the fear of legal

consequences and judgement. There is much to learn about a client’s resilience, their inner resources, and how they navigate their inner landscape from these experiences that could be a tremendous asset to the therapy process. By valuing the client’s experience, you support their inner healing capacities. If the experience was difficult, it was likely that the client wasn’t prepared (consider “set”), or didn’t have a safe setting, or had inner demons to face with no support in doing so. Psychedelics (and non-ordinary states) bring one toward themselves, so if there is unresolved trauma – they will likely experience it with the opportunity to move it through when they are oriented toward this with good preparation (set).

Unless you are in a study, travel to where the use of psychedelics are legal, take the legal risk to experience them, had them back when they were legal (which makes you an elder!), or use ketamine, you may not have experience to prepare a client for a psychedelic experience. It is important to know the terrain and arc of the medicine, despite it being different for each person and each time they have it. This is where you may need to defer to a “guide” (that your client finds) and prepare your client. Teach them to navigate their inner landscape by “being with” an experience versus talking over it, resource, and identify and meet difficult material that may come up in their psychedelic experience. It is important for clients to have good ego strength. Most psychedelics are contraindicated for people with schizophrenia or with a history of psychotic episodes.

It is an exciting and hopeful time for mental health and for the potential of humanity’s consciousness with the allies of psychedelics. The renaissance of psychedelics is here, and we, as therapists, are in roles where we can be great potential facilitators of holding space for big change.

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*Jennifer Allen, LMFT, ATR-BC is in private practice in Carmel and has certifications in Psychedelic Assisted Therapy and Research from California Institute of Integral Studies and Ketamine Assisted Psychotherapy from the Ketamine Training Center. Jennifer is currently offering ketamine assisted psychotherapy (for TRD/PTSD) as well as integration for psychedelic experiences and spiritual emergence.*

## SAVE THE DATE

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

SATURDAY JULY 11, 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*

### **Where Gratitude Flows, Love Grows**

Let's face it. As humans, we habituate quickly. What may once have been a source of novelty, excitement, and keen interest becomes a normal part of our lives – something we have gotten used to. When it comes to keeping the spark in our love relationship, it is important to consciously self-correct the tendency to take our partner for granted.

While many people are bustling about buying gifts for the holiday season, I like to remind myself to approach life itself, the people in it, my home, and the things dear to me as the greatest gifts. Rather than waiting for something to be grateful for, we can move through our days with the attitude of gratitude and choose to feel the blessings that are woven into our day to day lives. Chances are that, if you are reading this newsletter, you have the

privilege of clean water, food, and shelter on a daily basis. This certainly deserves a big “thank you!” Sometimes, however, we forget the big “thank you” that comes with having a partner who has chosen to love us regardless of our quirks and shortcomings and who contributes to our life in a multitude of ways that we might fail to even notice much less acknowledge.

Appreciation is good medicine for our relationships. Seeing our partner as a gift and looking for all the small things we can acknowledge and say “thank you” for on a daily basis fosters the attitude of gratitude and the cycle of generosity. Even if you contribute equally or more in the relationship, I imagine most partners are longing to hear:

- Thank you for working hard for the family today.
- Thank you for making that meal.
- Thank you for paying that bill.
- Thank you for picking up groceries.
- Thank you for washing the dishes.
- Thank you for giving our child loving attention.
- Thank you for this home.
- Thank you for driving.
- Thank you for loving me.

Knowing that our efforts are seen, valued, and appreciated feeds generosity, which is part of the nature of love. When we are not taking our partner for granted, we are looking for small (and large) ways to bring them delight, to make them smile, laugh, and light up with the outpouring of our love. When we truly acknowledge the gifts that we are being given on a daily basis, we are experiencing life and the people in it with fresh eyes – with loving eyes. Where gratitude flows, love grows. May the nature of our hearts be the greatest gift to one another this holiday season.

## GUEST ARTICLE

### Study Links Childhood Toxic Stress to Lifelong Health Problems

By Jill Tucker

Updated 2:51 pm, Thursday, November 6, 2014 SF Chronicle

One in 6 California adults has experienced significant childhood stress, in the form of abuse, neglect or family dysfunction, that significantly increases their odds of having dementia or Alzheimer's, kidney disease and other health problems, a pioneering study released Wednesday concludes.

The study of 28,000 adults draws a clear line between chronic or severe childhood trauma and serious consequences to one's health or behavior and social outcomes later in life.

It's a major public health crisis that has largely been ignored, said Dr. Nadine Burke Harris, founder and CEO of the Center for Youth Wellness in San Francisco, which released the study with the Public Health Institute in Oakland.

“It's not a poor person's problem or a black person's problem — toxic stress is a universal problem,” she said.

“The report allows us to understand the scope and scale of how early adversity affects the health of every Californian,” Harris said. “That is how we create a public health response to this crisis.”

All children experience some stress, caused perhaps by a big math test or the first day of school. But that's good stress, the kinds of things that actually help people handle adversity later in life.

The bad kind — toxic stress — causes an extreme, recurring or long-lasting physical response in children, which is exacerbated by the absence of a supportive adult to help address it, according to researchers.

The study compiled state survey data on exposure to 10 types of adverse childhood experiences, including physical, emotional or sexual abuse; physical or emotional neglect; and household dysfunction, including mental illness, incarceration, domestic violence, substance abuse or divorce.

Most people — across ethnicities and socioeconomic classes — could cite at least one they had experienced.

One in 6 cited at least four, which meant they faced grim odds:

- 2.4 times as likely to have chronic obstructive pulmonary disease.
- 1.9 times as likely to have asthma.
- 1.7 times as likely to have kidney disease.
- 5.1 times as likely to suffer from depression.
- 4.2 times as likely to be diagnosed with Alzheimer's or dementia.

They were less likely to graduate from college, more likely to be unemployed, more likely to have cancer, more likely to have diabetes, more likely to commit suicide — the list goes on and on.

Such statistics should startle people, said Marta Induni, research program director for the Public Health Institute, a national nonprofit focused on health and quality-of-life issues.

"Of course, if you're depressed, you're going to overeat or smoke," she said. "But to also think you're going to get Alzheimer's? That's scary for folks."

San Francisco native Zenaida Barr, 23, was one of those kids with too many adverse childhood experiences.

### **Dying mother**

Her mother was diagnosed with breast cancer when Barr was 5. She outlived the initial three- to five-month life expectancy by years, but the shadow of death hung over the house.

Later, Barr experienced other stresses, including physical and emotional abuse that eventually put her in the "four or more" adverse-experiences category. She became depressed. She got frequent and severe headaches. She did poorly in school.

And then, just before she was expelled from high school, school officials found out about her mom's terminal illness. Barr got help, and she got better.

### **Not alone**

"Other youth are facing the same problems," said Barr, who graduated from San Francisco State in May and works with children who have suffered toxic stress. "I realized this wasn't just about me. It was bigger than me."

Harris started surveying her patients at her Center for Youth Wellness clinic in the Bayview years ago. She found that many of her young patients had four or more

adverse experiences and were twice as likely to be overweight or obese. But the host of physical and emotional problems associated with toxic stress identified in the study surprised her. Alzheimer's?

On Wednesday morning, hours before the official release of the report, she said she had a 3-year-old patient in her clinic with four adverse childhood experiences. The toddler already had a greater risk for dementia, suicide, unemployment and all the other related outcomes cited in the study.

Knowing those odds now can help her mobilize all kinds of help to prevent them from playing out, Harris said.

"It really helps us to think about prioritizing how we want to allocate our resources ... for prevention and intervention," she said.

### **Rural regions**

The report identified the toxic stress rate by county, with rural areas exceeding the state average of 16 percent. San Francisco had among the lowest rates at 9 percent.

Harris said the adult survey of adverse childhood experiences currently doesn't include exposure to community violence, homelessness, bullying in school or foster care — stresses that could push urban rates higher if and when they are added.

In the meantime, the report recommends that the state annually collect data on the prevalence of toxic stress and spread awareness about its impact on health while also increasing access to health care and mental services.

"I think that people feel it physically in their bodies, and they wonder why they feel the way they do," Harris said. "There is a potential for healing."

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*Jill Tucker is a San Francisco Chronicle staff writer. E-mail: [jtucker@sfgchronicle.com](mailto:jtucker@sfgchronicle.com) Twitter: [@jilltucker](https://twitter.com/jilltucker)  
To read the study, go to: <http://bit.ly/1x7kNSb>*



## 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 [elramirezmt@gmail.com](mailto:elramirezmt@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.*

- Being in Silence: A Day-long Retreat  
~ MBMS, page 10
- Coherence: Living Your Values  
~ MBMS, page 11
- Finding Our Selves in Fairy Tales  
~ MarthaElin Mountain, pages 12-13
- Forest Bathing  
~ MBMS, page 14
- Gateways to Imagination  
~Northern CA Regional Sandplay Society, page 15
- Interconnected Living  
~ MBMS, page 16
- Introduction to Mindfulness  
~ MBMS, page 17
- MBMS Birthday & Open House  
~ MBMS, page 18

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:

- ABA Behavioral Therapist (Entry Level) – King City, Behavioral Health Works, Inc.

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

**Robin Andersen, LMFT**  
Founder of Prelicensed



## Being in Silence: In the Forest and by the Sea



Sunday, December 8, 2019 ~ 10 a.m. – 5 p.m. ~ \$100

A Day-long Retreat at

Asilomar Conference Grounds, Pacific Grove, CA

To dedicate a day to listening deeply

– to the sounds of the trees, the wind, the sea, and the fire in a stone fireplace –  
offers the opportunity to contemplate, connect with, and  
nourish parts of yourself that are ready to emerge.

Here, there can also be the spaciousness to clarify that which is foggy  
and to let go of thoughts, perceptions and beliefs that are no longer beneficial.

In this safe and supportive container, participants are invited  
to step out of the routine of daily life and explore their inner world  
from a different perspective through guided meditation,  
reflective writing, and mindful movement.

Sharing through dialogue will occur on an as-desired basis  
only at the end of our day together.

Facilitator

Marianne Rowe, MS, LMFT, has been practicing meditation since the 1990's  
and teaching meditation since 2007. She is founder of the Mindful Education Project  
and co-founder of Monterey Bay Meditation Studio. [www.mariannerowe.net](http://www.mariannerowe.net)

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



# Coherence: Living Your Values



## A Daylong Retreat of Inquiry and Meditation

Asilomar Conference Grounds ~ Sunday, January 26, 2020 ~ 10 a.m.–5 p.m.

\$140 (includes Practice Guide & Journal)

How could you live from the deepest things you know?  
Why is it beneficial to live in alignment with your sense of purpose?  
Who would you be if you related with others from your highest self?  
What if you lived the way you want to be remembered?

In this day-long retreat, we engage guided meditation, mindful inquiry, compassionate presence, relational practices, and reflective writing. We discover, explore, and connect with what gives our lives meaning, and the meaning that we give to our lives.

In this safe and comfortable container, we look into what supports and what obstructs our living what is most important to us. By gaining clarity, inspiring courage, and accessing compassion we can cultivate what is needed to live a life in coherence.

This retreat is facilitated by Marianne B. Rowe, MS, a Licensed Marriage & Family Therapist, a 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)

(Non-attendance Policy: No Refunds)



# FINDING OUR "SELVES" IN FAIRY TALES

An Interactive Workshop

For the Second Half of Life



MarthaElin Mountain, Ed.D., LMFT, Facilitator of Meaningful Conversations

Saturday morning, January 25, 2020 • 9:30 - 11:45 • Carmel, CA

## LIVING THE "SECOND HALF"

Fairy tales for youth are about growing up and the dream of living happily ever after. When we arrive at the "ever after" during Midlife, however, the "spell" of those tales is broken. Now what? What are we to do in the fantasy "ever after", our middle and later years? What happens next? Fortunately, fairy tales told for our second half of life give us direction and solutions.

*Join me for*  
"FINDING OUR 'SELVES' IN FAIRY TALES".

In this workshop, elder tales, symbolism, meaning-making, & discussion reveal the underlying purpose and tasks of our 40s, 50s, 60s, 70s, & beyond.

### WORKSHOP ALSO INCLUDES:

Personal Insight Sheet, Map of Archetypes, light nibbles.

Saturday morning, January 25, 2020 • 9:30 - 11:45 • Carmel, CA

Reserve Your Spot: 831.624.5773 • [www.Midlife60plus.com/Contact](http://www.Midlife60plus.com/Contact)

FEE: \$78 • LIMITED SEATING: 8 Max



HAPPY ENDINGS, ORDINARY PEOPLE IN FANTASTIC SITUATIONS, STRUGGLING WITH BASIC HUMAN DILEMMAS IN THE SECOND HALF OF LIFE--THESE ARE FAIRY TALES ABOUT OUR 40S, 50S, 60S, 70S, AND BEYOND!

## "Finding Our 'Selves' in Fairy Tales"

promises to engage your curiosity:

Where might you discover yourself in a fairy tale about the "ever after"?

Which of 14+ normal inner experiences of middle and later years might resonate for you?

Which characters in these tales feel familiar?

**Will these tales awaken some forgotten wisdom in you? Inspire new hope? Will interpretations and meaning resonate for you?**

## CONTACT ME

for more information or to register for this workshop:

[www.Midlife60plus.com/contact](http://www.Midlife60plus.com/contact) • 831.624.5773

MarthaElin Mountain, Ed.D., LMFT has been a frequent speaker, workshop presenter, and course leader in her community: *Circle of Wisdom, Exploring What Makes Life Meaningful, Midlife Check-in for Proactive Women, and Stress Reduction for High Achievers* are some of the programs she has created and taught. Her book, MIDLIFE CHECK-IN: Who Am I Really? provides the tools and processes for developing a deeper sense of Self and meaning in Midlife and Post-Menopause years. MarthaElin Mountain is a Jungian-based psychotherapist, Midlife/60+ Specialist, Giftedness Consultant, and Facilitator of Meaningful Conversations. • Her private practice is in Carmel, CA.





**Saturday, January 18, 2020**

**1:00 – 4:00 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)



MARCH 7 & 8, 2020  
**GATEWAYS TO  
IMAGINATION IN  
SANDPLAY THERAPY**

*Judy Zappacosta, LMFT, CST-T*

*Ellen Searle LeBel, LMFT, BC-DMT, CST-T*

*Jill Kaplan, LMFT, CST-T*

NORTHERN CALIFORNIA REGIONAL SANDPLAY SOCIETY

[NORCALSANDPLAY@GMAIL.COM](mailto:NORCALSANDPLAY@GMAIL.COM) REGISTER EARLY AT  
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Sat. March 7 9:30 – 6:30

Sun. March 8 9:30 - 3:30



Thurs. Evenings, Feb. 6, 13, 20, & 27 ~ 5:30-7:00  
Monterey Bay Meditation Studio  
529 Central Ave., Ste. 201A, Pacific Grove, CA  
**\$140**

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

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

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

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

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

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

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





# "Introduction to Mindfulness Meditation"

January 6, 13, 20, & 27, 2020

Monday 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](http://www.mariannerowe.net)

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



We're turning **4**!

## **Birthday Party & Open House**

Sunday, January 5

2:00-4:00 pm

*Join us for meditation, games, goodies, & more!*





MC-CAMFT  
P.O. Box 3092  
Monterey, CA 93942  
[www.mccamft.org](http://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,  
[elramireznmft@gmail.com](mailto:elramireznmft@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