



# December 2018/January 2019 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. Chapter Board Contact
3. Announcements Forum
4. Specialized Forums
5. Membership Information
6. Online Newsletter
7. Networking Opportunities
8. Chapter Documents Access
9. **NEW WEBSITE!!** [www.mccamft.org](http://www.mccamft.org)

### MC-CAMFT BOARD MEETINGS 2019

*Contact Board President for meeting  
information.*

### In this Issue ...

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### DECEMBER 4<sup>th</sup> --- NEW WEBSITE IS LAUNCHED [WWW.MCCAMFT.ORG](http://WWW.MCCAMFT.ORG)

#### JANUARY LUNCHEON

Date: **Saturday, January 12, 2019**  
Time: **9am – 12pm**  
Topic: **Power Down & Parent Up: Screen Dependence & Raising Tech-Healthy Children, 3 CEs**  
Presenters: **Holli Kenley, LMFT**  
Location: **Palo Corona Regional Park, formerly Rancho Canada Golf Club, 4860 Carmel Valley Rd, Carmel**  
Cost: **Chapter Member \$25; Guest, Nonmember \$30; Pre-licensed \$20**

#### FEBRUARY MEMBER SALON

Date: **Saturday, Feb. 9, 2019**  
Time: **TBA**  
Topic: **Giftedness, 2CEs**  
Presenter: **MarthaElin Mountain, LMFT**  
Location: **TBA**  
Cost: **Licensed & Prelicensed Members \$10**

#### LUNCHEON MEMBER SALON

Date: **Friday, March 29, 2019**  
Time: **11:30am – 2:00pm**  
Topic: **OCD and Anxiety, 2 CEs**  
Presenter: **Meg Grundy, LCSW**  
Cost: **Chapter Member \$25; Guest, Nonmember \$30; Pre-licensed \$20**  
Location: **TBA**

#### OCTOBER 2019 ANNUAL CONFERENCE

Date: **Friday, October 4, 2019**  
Time: **9am – 4pm**  
Topic: **Forgiveness Training for Therapists, 6 CEs**  
Presenters: **Michelle Gannon, Ph.D., & Sam Jinich, Ph.D.**  
Location: **Tides Hotel 2600 Sand Dunes Drive, Monterey**  
Cost: **TBA**



**Kristine Jensen**  
**2016/18 Board President**

**2017/18  
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 - Officers -**

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## President's Message

Every year about this time, I am amazed at how the fast the year has gone. This year I am also struck with how much tragedy this past year has brought. Fires, shootings, more fires, more shootings. Are our hearts strong enough to hold all the pain and loss? Of course, they are, and the swell of caring and comfort, food, water, and money that has poured forth from our citizens is testament to how strong we are and how much we want to help. At times like these we can be proud that we have chosen careers that help lift this planet up.

Thanksgiving gives us a great time to reflect and be grateful.

Thank you to all our renewing members and the many new members we've added to our membership. We need you and appreciate you attending our events. You are the chapter and without you...well, you get the point.

2019 starts off with **"Power Down & Parent Up: Screen Dependence & Raising Tech-Healthy Children"** with Holli Kenly, LMFT. This timely topic looks at unhealthy patterns of screen dependence for adults and children. Holli has a book on Amazon of the same title.

In March, Meg Grundy, LMFT is speaking to us on the topic of understanding and working **Obsessive Compulsive Disorder**. Meg is known in our community as someone who has lots of experience and specializes in this disorder.

We have many more great programs lined up, thanks to Judy Masliyah, and a full day conference on the topic of **Forgiveness in our clinical practices** in October 2019, so stay tuned.

A big thanks to the outstanding and generous Board members who are the backbone of this Chapter. You are so important to what we are doing.

Be safe, generous and healthy through the upcoming December holidays and I'll see you in January!

Warmly,  
**Kristine**

## JANUARY LUNCHEON

### Power Down & Parent Up: Screen Dependence and Raising Tech-Healthy Children

**Date:** Saturday January 12, 2019

**Time:** 9am- 12pm

**Presenters:** Holli Kenley LMFT

**3 CEs**

#### Program Description:

Many parents sense intuitively that electronic screen activity has unwanted effects on their children's behavior and mood but are unsure what to do about it."(Dunkley, 2015). "Parents and teens are both affected by the influences of our screen-saturated lives, but young people experience the effects with ferocious intensity."(Koch, 2015). With a thorough investigation of electronic consumption and of current research validating the consequences of interactive and passive screen-time on developing children as well as on adult populations, participants will also examine effective interventions.

#### Program Goals

Based on current research and published works on screen dependence, this workshop will:

- I. Present background knowledge on the following: introduction to how and why this topic is of clinical relevance and therapeutic importance; explanation of new clinical vocabulary; identification of limitations or considerations of research.
- II. Present research-based evidence of neurological, physiological, emotional, psychological, relational and behavioral manifestations as the result of both interactive and passive screen time.
- III. Present tools for assessment and intervention with individuals, with an emphasis on children, and with families.

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*Holli Kenley is a California LMFT and a California State Licensed Teacher. She holds a master's degree in Psychology with an emphasis in Marriage, Family, and Child Counseling. In addition to her Private Practice in Rancho Mirage, CA, Holli also works in the field of psychology as an author, speaker, and workshop presenter. She has been a six-time*



*peer presenter at the CAMFT Annual State Conferences and a featured or keynote speaker at college level clinical programs, state and national advocacy organizations, and educational institutions. Holli is Wellness Editor & Contributing Author for Clear LIFE Inc., an online magazine dedicated to informing audiences about sustainable flavors of food, fashion, and healthy living.*

## CHAPTER NEWS

We have a new website!!

**[www.mccamft.org](http://www.mccamft.org)  
December 4<sup>th</sup>, 2018**

The chapter board has decided on a website make over. We appreciate the wonderful work by previous boards. When our chapter originally developed the website, we were ahead of the curve. It is time to update once again.

The **membership renewal period** began this Fall and will continue during the website change. You may have been contacted with instructions on how to renew through the current website before Dec. 4<sup>th</sup>. After that date, members will automatically be redirected to renew on the new website and registration for upcoming events will be available on the new site after the Dec 4th website launch.

Please contact us to let us know your thoughts and opinions on this change.

## Like Us on Facebook!



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

## MEMBERSHIP NEWS

We work to make your experience of being a chapter member as effortless and enriching as possible.

As members of MC-CAMFT, you are most welcome to invite your colleagues to join our chapter.

**MC-CAMFT wants to send out a warm welcome to the following new members.**

We hope to see you at our upcoming events, so we can greet you in person.

**Katie Dutcher, Mindfulness Teacher**

**Kevin Glenn, Trainee**

**Kathryn Holden Klingler, LMFT**

**Bernadette Kuchinsky, LCSW**

**Charlotte Smith, LMFT**

**Brian Wainwright, LMFT**

### MC-CAMFT Chapter Volunteers Welcome!

The MC-CAMFT chapter is able to persist because of the volunteer board.

You are encouraged to contact the various board committee chairs to volunteer your skills or time. Some committees could use a hand for one-time events or specific projects as well as taking on long-term duties. Please contact the committee chair to learn more about any committee you may be interested in to give of your time.

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

## Important Legislative Updates 2018

### Suicide Risk Assessment and Intervention Coursework

Governor Brown signed **Assembly Bill 1436**, which mandates all licensed professionals under the Board of Behavioral Sciences complete a class on Suicide Prevention Training prior to their renewal after January 1, 2021. This bill is similar to the current bill for psychologists, which requires that they need to complete suicide prevention training prior to their renewal after January 1, 2020.

### Criminal Convictions

Effective July 1, 2020, the Board may only deny a license on grounds that an applicant has been convicted of a crime or subject to formal discipline if one of the following conditions are met:

1. The applicant has been convicted of a crime within 7 years of the date of their application that is substantially related to the qualifications, functions, or duties of the profession. The 7-year limit does not apply to convictions for a serious felony (defined in Penal Code §1192.7), or for those who must register as a sex offender as described in Penal Code §290(d)(2) or (3).
2. The applicant has been subject to formal discipline by a licensing board within the past 7 years if it was for professional misconduct that would have been cause for disciplinary action by the Board and is substantially related to the profession. (The prior disciplinary action cannot be used to deny if it was based on a dismissed or expunged conviction.)

### Addenda to Patient Records

The law now allows **any** patient who inspects his or her patient records the right to provide the health care provider with a written addendum of up to 250 words, to any item or statement in the records that the patient believes is incomplete or incorrect. Previously, only adult patients (not minors) were permitted to do this. Please see **AB 2088** for the full text of the law.

### Reimbursements and Stipends

Experience hours are only allowed to be gained as an employee (where the employer issues a W-2 tax form) or as a volunteer. Working as an independent contractor (where a 1099 tax form is issued) is prohibited. However, there are some limited circumstances where the Board may accept hours even if the employer issues a 1099. This applies to reimbursement of expenses, and



certain stipend and loan repayment programs. For complete information, please see **AB 93**:

### **The 90-Day Rule**

The 90-day rule is a clause in the law that allows applicants (previously only marriage and family therapy or professional clinical counselor applicants) to count supervised experience hours gained in between the time of their degree award date, and the date the Board issues their associate registration number, if the applicant applies for the registration within 90 days of the date that their degree was granted. For complete information about the law changes, see **AB 93** (for AMFT and APCC applicants) and **AB 456** (for ASW applicants).

### **Changes to Required Supervised Experience**

There are *very specific changes* to supervised experience requirements for those pursuing licensure as an LMFT, LCSW, or LPCC. For complete information, please see **AB 93**.

### **Supervisor Qualifications and Responsibilities**

There are several **significant** law changes that apply to existing supervisors and individuals who wish to supervise those pursuing licensure as a marriage and family therapist (LMFT), professional clinical counselor (LPCC), or clinical social worker (LCSW). For complete information, please see **AB 93**.

### **Child Custody Evaluators**

Permits LPCCs to serve as child custody evaluators. See **AB 2296** for further information.

### **Changes to LPCC Education Requirements**

There are two significant changes to LPCC educational requirements, which in select cases may allow certain individuals who were previously ineligible for an LPCC license or registration to become eligible. For complete information, see **AB 2296**:

### **“Professional Therapy Never Includes Sex” Brochure**

For **LEPs**: LEPs are now included in the list of professionals who must provide the “Professional Therapy Never Includes Sex” brochure to clients who have indicated sexual behavior or sexual contact with a previous therapist. Previously, LEPs were the only Board licensees that did not have this requirement.

For **all license types**: The brochure is in the process of being updated due to changes in **AB 2968** that require its content to be modernized. The updated version is expected to be added to the Board’s website within the next year.

*For more details review the BBS bulletin:*  
[https://www.bbs.ca.gov/pdf/legupdate\\_18.pdf](https://www.bbs.ca.gov/pdf/legupdate_18.pdf)

## **COUPLES CORNER**

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

### **Zero Negativity**

“Healing our childhood wounds is the prime directive of our unconscious and the underlying agenda of our lives. This is the agenda we bring to our partners, people whom our unconscious perceives as perfect re-creations of our early caretakers.”

*Harville Hendrix and Helen Hunt – Founders of Imago Relationship Therapy*

One of the most refreshing and challenging aspects of the Imago approach is the concept of zero negativity. Although zero negativity in relationship may feel like a high bar, I think it’s a worthy aim. Given the state of the world and the suffering that each of us faces, wouldn’t it be wonderful if our romantic partner was primarily our advocate? Helen Hunt and Harville Hendrix teach that, when we look at the world through the eyes of love rather than the eyes of judgement, we naturally move toward acceptance in our relationships. When our relationships are negativity free, we know that our partner accepts us and sees that we have value in our own right. There is an absence of shaming, blaming, and purposeful criticizing. We know that our partner will not intentionally hurt us.

These ideals sound great, but where do we start with the nitty gritty? I like to begin by practicing and teaching couples the 80/20 rule. This means that, when I am triggered, 80% of my reactivity belongs to me (stemming from the landmines constructed by my personal history) and 20% belongs to my partner. Another way of looking at this is that, rather than focusing on the finger pointing at our partner, we look at the three fingers pointing back at ourselves. This means we are getting curious about ourselves, our leftover wounding – including core wounds which seem to get triggered over and over in different ways. Let’s face it, our partner didn’t put those wounds there. They predate our partner. Yet, our partner triggers them. According to the tenants of Imago therapy, our unconscious even chose our partner knowing those old wounds would be triggered (in hopes of healing).

Zero negativity entails the decision to stop blaming our partner and instead to take radical responsibility for our own feelings and vulnerabilities. This might look like saying, “*when you \_\_\_\_\_, my core wound around \_\_\_\_\_ got triggered. Would you be willing to \_\_\_\_\_?*” I’ve noticed that evoking empathy from a partner helps us get what we want much more effectively than shaming, blaming, or criticizing.

It doesn’t have to be limited to romantic partners either. It can work with family, friends, and even co-workers. Are you ready to try the zero-negativity challenge?

## ARTICLES & 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 Ramirez,  
Newsletter Editor

## NEWSLETTER FLYERS

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

- Coherence: Living Your Values Retreat  
~ MBMS, page 7
- Shinrin-Yoku: Forest Bathing  
~ MBMS, page 8
- Introduction to Mindfulness Meditation  
~ MBMS, page 9

## Advertisements

### Job Opportunities

Interim is hiring Spanish speaking mental health professionals. Interim has a new program opening in January 2019. The program is the Assertive Community Treatment (ACT) Welcoming & Engagement Team: Serving adults mental health needs for those residing in Salinas and South Monterey County areas. Required: Bilingual in Spanish. They are looking for full-time, 40 hours a week individuals. See their website for further information and to apply [www.interiminc.org](http://www.interiminc.org).

# Coherence: Living Your Values



## A Daylong Retreat of Inquiry and Meditation

Asilomar Conference Grounds ~Saturday, January 5, 2019 ~ 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)





**Saturday, Jan. 12, 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)



## "Introduction to Mindfulness Meditation"

January 8, 15, 22, & 29, 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](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)



**MC-CAMFT**  
**P.O. Box 3092**  
**Monterey, CA 93942**  
**[www.mccamft.org](http://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***

<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 Ramírez
<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