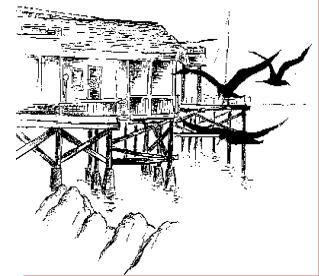


*The Monterey County Chapter*  
California Association of Marriage and Family Therapists

**January / February 2023 Newsletter**



**Benefits to MC-CAMFT Membership:**

- Reduced fees at our events
- Invitation to our Members only annual gatherings
- Access to Members only Salons, which are intimate workshop offerings taught by fellow Members
- Periodic Newsletter with relevant CAMFT information and Member created writing
- Opportunity to contribute your writing to our Newsletter, including things such as a column, book review, workshop or conference review, poem, opinion piece or article
- Free advertising in our Newsletter and “Classifieds” section of our website
- Inclusion in our “Find a Therapist” website directory
- Access to Member and Announcements Forum on our website where you can seek feedback from other members and post things to the community
- Opportunity to submit a proposal to host a Salon for our Members
- Option to join us on the Board as a volunteer committee chair or ad hoc committee member
- Opportunity for MC-CAMFT to co-sponsor your workshop, so you can offer CEUs to your attendees
- Free Mentoring by experienced clinicians
- Invitation to suggest any member activity you find interesting, and we’ll consider it!

***MC-CAMFT CALENDAR***

Keep an eye out HERE for future events!

**Benefits to MC-CAMFT Website:**

- ◇ Current Member Directory
- ◇ Classifieds Page for Members
- ◇ Chapter Board Contact
- ◇ Specialized Forums
- ◇ Online Newsletter
- ◇ Networking Opportunities
- ◇ Chapter Documents Access
- ◇ Sponsorship Opportunities
- ◇ Membership Information

**In This Issue...**

2023 Board/Committee	pg. 2
President’s Message	pg. 3
Meet the 2023 Board!	pg. 4-8
Listserv Announcement	pg. 9
Couple’s Corner	pg. 10
Road to Licensure	pg. 11-12
Guest Articles	pg. 12-14
Member Ads	pg. 15
Newsletter Deadlines	pg. 16

# 2023 MC-CAMFT Board Roster

## 2023 Board of Directors - Officers -

### President:

Amy Snyder, LMFT  
[amy@heartsinline.com](mailto:amy@heartsinline.com)

### Past President:

Jennifer Farley, LPCC  
[info@jennifer-farley.com](mailto:info@jennifer-farley.com)

### Treasurer:

Suzy Cowen, LCSW  
[suzycowenlcsw@gmail.com](mailto:suzycowenlcsw@gmail.com)

### Treasurer-Elect:

Olivia Fae Stadler, LMFT  
[olivia.stadler@yahoo.com](mailto:olivia.stadler@yahoo.com)

### Secretary:

Stephen Zubach, LMFT  
[szubcic@yahoo.com](mailto:szubcic@yahoo.com)



## 2023 - Committee Chairs -

### Legislative & Ethics Chair:

Michael Newman

### Mentorship Chair:

Pat McDermott, LMFT  
[patmcdermft@comcast.net](mailto:patmcdermft@comcast.net)

### Newsletter Editor:

Ross E. Farley III, LMFT  
[rossfarleyiii@gmail.com](mailto:rossfarleyiii@gmail.com)

### Hospitality Chair:

Kate Newhouse, LMFT  
[newhouselmft@gmail.com](mailto:newhouselmft@gmail.com)

### Pre-Licensed 3,000 Hr. Club Chair

Catherine Rodriguez, LMFT  
[r2crml@sbcglobal.net](mailto:r2crml@sbcglobal.net)

### Continuing Education (Co) Chairs:

Allison Anthony, LCSW  
[allison.anthony.lcsw@gmail.com](mailto:allison.anthony.lcsw@gmail.com)  
&  
Elizabeth Chamberlain, LMFT  
[echamberlainmft@gmail.com](mailto:echamberlainmft@gmail.com)

### Programs (Co) Chairs:

Susan West, LMFT  
[Susanwest.lmft@gmail.com](mailto:Susanwest.lmft@gmail.com)  
&  
Mark Schwartz, ScD, LMFT  
[mfs96@aol.com](mailto:mfs96@aol.com)

### Membership Chair: OPEN

### Public Relations Chair: OPEN

### Disaster Response Chair: OPEN



### Like Us on Facebook!

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

*Amy Snyder*



*2023 Board President*

*Greetings fellow MC-CAMFT members. It is with gratitude, honor and humility that I write to you as the incoming President of our local chapter of CAMFT. I have big shoes to fill following Jennifer Farley who has served this community for several years, ushering us through some of the most trying times of the organization and the world at large. She has gracefully supported the in-coming board members while we step into our new positions. We now have the task of looking back and bidding farewell to 2022, and turning towards the new year.*

*In looking back, I would like to thank our outgoing board members, Rochelle Hall and Carmen Martin, who have generously volunteered their time to make this community possible. And, although Jennifer will be stepping down as president, she will remain a supportive presence as past president. Thank you, Jenn, for all your hard work. We are so lucky to have dedicated professionals, who have a lot to hold already with client cases and everything that comes with that, to carry the chapter for all of our benefits.*

*As we turn toward 2023, I am confident in our ability to make this year's events memorable and professionally nourishing. We have some great ideas that I'm looking forward to bringing into fruition. One thing I'm eager to get started is expanding our reach and recruiting students and trainees to enrich our community and offer support to new clinicians.*

*I remember being a wobbly footed therapist myself back in 2018 when I moved to Monterey. The world can seem like a scary place when you are freshly graduated and don't yet have an associateship placement. I went on the MC-CAMFT website and saw that they were having a Fall Mixer at Tarpy's. I immediately registered, but was nervous about networking. When I walked in, I was greeted by warm and friendly members with name tags, and I felt welcome. By the end of that night, I had met my new employer and my longtime friend and colleague who now shares an office suite with me. It is safe to say that the Monterey Chapter of CAMFT has been an immense support to me and my career, and when I was asked to commit my time to support the chapter by stepping in as President, I was delighted.*

*At this point, I would like to offer a resounding thank you to Mary Sue Abernathy and all the other members of the committee to recruit new board members. Without them making those phone calls to members and getting a read on the needs and desires of the community, the chapter would not be what it is today. That being said, we do still have board positions open, so please reach out if you would like to join the team. The following roles are available: membership chair, public relations chair, and disaster response chair. It will definitely be worth your time and effort to contribute to the chapter.*

*Happy new year and I'm looking forward to seeing you at our future events.*

*Amy Snyder, LMFT*

# ***Meet the new MC-CAMFT Board!***

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## ***Amy Snyder - President***



Amy Snyder is a licensed marriage and family therapist practicing in her locally established private practice in Monterey, Hearts in Line Therapy. She is passionate about her work (and play!) with adults, couples and parents. Before finding her footing in our field, she traversed many stepping stones including waiting tables, studio recording, writing and performing music, and discovered her strengths: a thirst for understanding the human condition and an ability to find and encourage strength in others. She found a career in psychotherapy where she can hone her skills and continue to learn from her clients, colleagues, and everyday life.

Amy was called to move to Monterey in 2018 after receiving her masters degree in counseling psychology from The Wright Institute in Berkeley, California, and has found a home and community here. She began her clinical practice at Harmony at Home working with children exposed to trauma and family conflict.

Her previous work with children continues to inform the way she works with adults who are dealing with childhood trauma and feeling stuck in childhood wounds. In addition to more conventional therapeutic modalities, Amy enjoys using art, movement, storytelling and spirituality in her practice, approaching each client as a whole, wise human being. Amy feels grateful and privileged everyday for the opportunity to do this work.

## ***Suzy Cowen - Treasurer***



Suzy Cowen has been a licensed clinical social worker since 1997. She has held various clinical and leadership roles in her career including serving as the Executive Director of Beacon House and most recently as a Director for the Community Hospital of the Monterey Peninsula. She relocated from Chicago four years ago and has been developing the foundation for her private practice, in California, since her arrival to the area.

Her clinical focus is on addiction and recovery; emotional sobriety; anxiety and depression; family systems; life transitions; and transformational change. She currently treats adolescents, and adults of all ages. She is licensed in both Illinois and California and welcomes clients “in person” to her office in Carmel, while providing telehealth in both states.

As a social worker by nature and training, Suzy welcomes all forms of healing into her practice and is passionate about integrating multi-disciplinary practitioners into her work. In her spare time, she loves to play tennis with friends at CVAC, hike, cycle and hang out with her adult children when they are in town!



## *Olivia Fae Stadler - Treasurer Elect*



Olivia has a private practice in Pacific Grove, CA as a LMFT and Certified Hakomi Therapist.

I obtained my Master's degree in Integral Counseling Psychology from California Institute of Integral Studies (CIIS) in San Francisco. As a transpersonal therapist, I bring non-dual wisdom traditions to the process of deep inquiry. Prior to my clinical training, I became a Certified Subtle Energy Medicine Practitioner and have been working formally with subtle energy since 2007.

Additionally, I hold a Bachelor of Science degree in Computer Science from Principia College in Illinois. My earlier career in web design/development includes management experience in education, non-profit publishing, human resources, and e-commerce. Born and raised in California, I have also lived in the midwest and on the east coast. I love animals, and work with my Shiba Inu as a therapy dog.

## *Ross E. Farley III - Newsletter Editor Chair*



I have been a student of psychology from a very early age. I remember curiosity. I remember wanting the name, or label, or the secret formula to explain the things in my life I could not. Thinking, all the while, "if I can just figure it out...everything will be ok". I may not have been aware of it at the time, however, the experiences in my life have helped shape and mold the clinician I am today.

My more formal training occurred at the University of California San Diego, receiving my Bachelor's degree in Psychology. And, most recently, receiving my Master's degree in Counseling Psychology from Palo Alto University.

At UCSD, I focused on psychopharmacology as I was absolutely fascinated by how the brain filters, activates, and processes neuro-chemical interactions.

At Palo Alto University, I focused on the art and rhythm of the therapeutic experience. The timing and rapport, earning trust, and engaging individuals, couples, and families in enacting real and lasting change.

## ***Allison Anthony - Continuing Education Co-Chair***



When I was 14 years old I started going to therapy following the loss of a family member. As a teen, it was so wonderful having someone in my life who was an ally, confidant and provided me with a safe, judgement free space. This is when I decided I wanted to become a therapist.

I completed my undergraduate degree in Psychology with a minor in sociology at California State University of Monterey Bay. During school, I was fortunate enough to volunteer at a needle exchange program where I was given the opportunity to work with the unhoused who were struggling with addiction and severe mental illness. This experience along with my passion for abnormal psychology led me to pursue my Masters in Social Work at CSUMB. After I completed school, I worked with adolescents in an individual capacity through county services. I provided these teens a healing environment and therapeutic connection that was once so impactful to my own growth. I then went on to work with the California Department of Corrections and Rehabilitation for the majority of my career.

During my time in CDCR I worked with a vast array of mental illnesses including those suffering with severe mental illness, bipolar, depression, anxiety and substance abuse. I also witnessed the level of trauma first responders experience in high intensity environments. This led me to complete a certification in treating complex trauma in order to serve a population that often does not put themselves first.

## ***Elizabeth Chamberlain - Continuing Education Co-Chair***



Elizabeth Chamberlain is a Licensed Marriage and Family Therapist with a private practice in Carmel. She specializes in therapy with children and teens and previously worked at a residential treatment facility for youths. She weaves skill-building and symptom management with a psychodynamic and depth psychology methodology to treat presenting symptoms in the moment and at their roots.

Elizabeth earned her MA in counseling psychology from Pacifica Graduate Institute with an emphasis on depth psychology. She is certified in the Spiritual Counseling Practice of Depth Hypnosis through the Foundation of the Sacred Stream and uses hypnosis to treat trauma in adults. Her blog, *An Eye on the Unseen: How Invisible Forces Shape Us*, is hosted on Psychology Today.

## *Susan West - Programs Co-Chair*



I have a private practice in Prunedale with a specialization in trauma and mood disorders. This is a second career after being a long-time employee of the Monterey County Department of Social Services. My work is informed by somatic psychotherapy, attachment studies, and brain science. I am an Advanced Certified Practitioner of Sensorimotor Psychotherapy with training in EMDR and Dialectical Behavior Therapy (DBT). It is a pleasure to serve on the Monterey County CAMFT Board of Directors. CAMFT builds community in what can be a lonely profession and provides valuable training.

## *Mark Schwartz - Programs Co-Chair*



With more than 30 years of experience and a degree in Psychology from Johns Hopkins University, Dr. Schwartz specializes in working with 1) couples, marriage, and intimacy disorders; 2) family difficulties; 3) eating disorders, 4) PTSD, addiction, and; 5) sexual difficulties, sexual dysfunction, and sexual addiction.

His national recognition afforded him the experience of lecturing to over 50,000 therapists nationally, as well as editing three books. He specializes also in working with the deeper issues from childhood. He is extremely compassionate and forms exceptional connections with his clients.

Dr. Schwartz was the Director of Masters & Johnson Institute and Masters & Johnson Trauma and Dissociative Disorders Programs and was one of the founders of Castlewood and Monarch Cove Treatment Centers, specializing in eating disorders. He was trained directly by sex experts Masters & Johnson for treatment of sexual dysfunction and lack of sexual desire and arousal.

Clinical specialties include: Trauma, with 20 years of experience in working with PTSD, including, but not limited to sexual abuse and military sexual abuse. Addictions specialist, including eating disorders, sexual addiction, codependency, chemical dependency, and self-harm. Dr. Schwartz is skilled in treating disorders related to intimacy, sexuality, and relationships, as well as Family-focused Therapies.

## ***Meet the new MC-CAMFT Board!***

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### ***Catherine Rodriguez - Pre-Licensed 3000 Hour Club Chair***



Catherine Rodriguez, MA is a licensed Marriage and Family Therapist with over 10 years of clinical experience as a Psychotherapist in clinical and school-based settings. She received her master's degree in Counseling Psychology from Santa Clara University, and her undergraduate degree in Economics / Sociology from University of California at Santa Cruz.

Prior to following her passion in psychology, Catherine spent 20 years working in Human Resources Management at Silicon Valley high tech companies. She maintains a private psychotherapy practice, serving adults throughout California presenting with a wide range of clinical issues.

Her specialty is working with adults who have experienced the consequences of trauma from Childhood Emotional Neglect. Catherine has training in Focusing-Oriented Psychotherapy and Accelerated Experiential Psychodynamic Psychotherapy along with other integrative modalities.

Catherine also works as a Clinical Supervisor in Community Mental Health. Her passions include continuous learning, playing golf and spending time with family and friends over good food and board games.

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### ***Stephen Zubach - Secretary***

### ***Michael Newman - Law and Ethics Chair***

### ***Pat McDermott - Membership Chair***

### ***Kate Newhouse - Hospitality Chair***

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### ***Open Position - Membership Chair***

### ***Open Position - Public Relations Chair***

### ***Open Position - Disaster Response Chair***



## MC-CAMFT ANNOUNCEMENTS LISTSERV VIA TOPICBOX

Welcome to our new announcements forum!

This replaces the old forum on our website.

Enjoy a wider outreach, as every active member can now access this listserv.

As a chapter member, you are automatically enrolled in this listserv so that you can easily communicate professional announcements with fellow members.

### How it works:

To send a message to everyone in the group, use the email: [mccamft-announcements@mccamft.topicbox.com](mailto:mccamft-announcements@mccamft.topicbox.com)

You'll receive a copy in your email, or you can view it online at <https://mccamft.topicbox.com/groups/mccamft-announcements>. You can write new messages or responses there too.

- An acceptable announcement is any referral, event, group, office space available/wanted, supervision wanted/offered, trainings, etc. This can include both offering or looking for a service, a resource, or information.
- Examples of announcement topics are: looking for referrals, office space, internships, supervisors, etc.; starting a peer consult group; forming special interest group; practice announcement or openings; donating books; referral questions for clients; questions on resources, or services, etc.

### HOW TO MANAGE YOUR NOTIFICATIONS FROM TOPICBOX

When someone makes a post, you will get an email notification. If you'd like to adjust things so that you get a daily summary (rather than potentially multiple emails a day), or to remove yourself from all notifications, here is how to do it:

**Click this link:** [delivery options](#)

**It will ask you to put in your email address. Enter your email.**

**It will then send you a code to type in. Type in that code.**

**Now you are in Topicbox.**

**On the right hand side, you'll see a section called "Delivery options" and then a link that says "edit delivery options". Click on the link that says "edit delivery options"**

From there, there are 3 options and you can pick which is best for you, including an option to no longer receive emails. If you'd like to not be active in this forum, you'd pick that option.

Please note that there is also an option to receive a "daily summary". This would allow you to get ONE email per day with a summary of all messages sent, so if you are overwhelmed by messages coming in as they are posted, this can be a great way to still stay engaged, but not get too many emails.

# Couple's Corner

## Couples Corner

-offered by EFT trained therapist Amy Somers

One of the husbands we work with loves the concept of window of tolerance, we talk about it quite abit. He is now able to monitor his entry, exit and down time in his window. He dedicates a lot of his awareness to watch his partner's and his window, and now extends this to others in general. To paraphrase, he said he can spot an out of window experience a mile away.

So, what's the window? Dr Dan Siegel coined the phrase window of tolerance, describing an optimal zone in which the brain is online and able to effectively deal with life, even feel stress or pressure, yet manage resulting emotions. Mostly, our caregivers gifted us the window. They were either able to attune, nurture and be available most of the time, or not. When all is well, we are in our windows. We can see out clearly. Depending on our attachment styles, we may have bigger or smaller windows. Trauma and attachment style can shrink the window.

We can also be above or below our windows, depending on our attachment style. I'm a Withdrawer (Avoidant), so I tend to hang out below in hypoarousal when my raw spots are rubbed. I get spacey, numb, tuned out, frozen, and my body wants to shut down. My husband hangs high when triggered as Pursuer (Anxious) in hyperarousal, so he gets anxious, angry, overwhelmed, feels out of control, and wants to fight or run away. When either of us are out of our window, our brains are offline and automatically move into these places of above or below; this is the wiring and not a choice.

Last session, the husband told us he's been out of his window for years, he had no idea. His daily goal is to stay in and knows what it takes for his brain to remain online. For him it's biking, yoga, swimming, meditation, healthy eating, and breathing. He says he feels it somatically now when he approaches the edges. He is so successful lately that we upped his game: to co-regulate his partner when she gets out of her window.

As human babies, we are unable to self-regulate. We need our caregivers to show us how. This may or may not be a good thing, depending. As mentioned earlier, if our caregivers were able to stay attuned, nurture and be available most of the time, a secure attachment was formed. According to The Attachment Project (<https://www.attachmentproject.com/>) there are 66% of us walking around the planet that are securely attached. I wonder as I write this where exactly these people are, I have yet to meet one! Okay, I did meet one, but only one. Anyway, like when we were babies, we sometimes need a co-regulator. EFT says if one person stays in their window, they are "it," and encouraged to bring their partner back in (within reason).

Yup. It's usually me that pulls my partner back in. As an over-regulator, I am more able to move into connection. Mostly, the Withdrawer is assigned the duty, but it's really whomever is in at the moment, and able to move towards connection. Partners that are out of their window are literally unable to connect. Soothing words, touch, tone, and affect provide a safe space for lunar return. Once back, the likelihood of connection/secure attachment goes way up. That's exciting!

Sometimes it takes me a couple of tries to reel my partner back in. Sometimes we wait for hours (gosh!). We're getting better and my husband has recently held space and invited me back in a few times. As I said, exciting stuff. Funny what changes in the mature years, huh. Connection is the most exciting thing these days to my husband and me and we aim to stay more in than out. In connection and in our window. We are learning to decelerate and breathe. It's been thirty years this Thanksgiving for us, so you could say we are slow learners. Although, our set point of our Third (secure attachment) calls to us almost automatically now and we know where to go. Feels good.

So, we'll check in this week with the husband and listen to his success, which I am confident he had. EFT is super simple and challenging to put into place in the heat of the moment. The window of tolerance can help ease the process and again, it just feels better to cultivate. Be curious about your window and see what you notice. Happy Holidays and good luck.

Update: the wife now calls out when she has left her window! We have success!

### **Road to Licensure / Phase 3:** *Gaining Hours of Experience as a Registered Associate*

Submitted by Catherine Rodriguez, LMFT

Welcome to Part 3 of the MC-CAMFT Road to Licensure article series! I'm Catherine Rodriguez, your 2023 Pre-Licensed Board Chair.

This series is adapted from the latest version (2022) of CAMFT's Master Checklist for MFT Licensure as well as other BBS resources for MFTs, PCCs and MSWs. Be sure to check with CAMFT and the BBS often to ensure you have the most current information, as it is an ever-evolving process. We'll do our best here to provide you with the most up-to-date information on the Road to Licensure. On the BBS website, you will notice the phrase "Ultimately, it is the responsibility of the applicant to comply with all requirements for licensure." While this is true, there is plenty of support available for you. My goal in this series is to empower you to know where to go for resources and support.

On the CAMFT website <https://www.camft.org> under the Pre-Licensed Corner, you'll find The Master Checklist for MFT Licensure (updated for 2022). You must be a member to access this, but it's an invaluable resource along with many other resources available from CAMFT for Pre-Licensed members.

These articles will address the following 6 topics in the Phases of Licensure: 1) Grad School & Traineeships, 2) Upon Graduation, 3) Gaining Hours of Experience, 4) Application for Licensure and Exams, 5) Licensure and Beyond and 6) Therapist Self-Care. There will be links to websites that you can access for the specific support that you need. Please feel free to contact me for guidance or to give feedback on how we can best serve you.

In our last Road to Licensure article, we talked about searching for internship opportunities and the qualities to look for in a supervisor. In this article, we'll explore what the experience of gaining clinical hours is like as a registered Associate Marriage and Family Therapist (or ASW or APCC).

Supervised experience can be the single most impactful experience in developing competency and confidence in the practice of psychotherapy. That said, it can also be impactful in the wrong way.

It's so important to find a supervisor with whom you can have a supportive and instructive relationship. In my experience, you need both someone with empathy and compassion for what you're going through as a developing therapist, and someone you can learn from. You can learn many things from a supervisor to build your skills and competence, including theory, conceptualization, treatment planning, interventions and evaluating client progress. It can be very anxiety provoking to begin working with clients, particularly if you've never done it before. Often, you get thrown into the deep end working with people who are experiencing serious crises, dual diagnoses, acute and chronic mental illness and trauma. Since you are working with real human beings with real struggles, it can feel like the stakes are very high in getting it right. The hard part is knowing that you will make mistakes; however, these can be important learning experiences. Having a good supervisor that you trust can help you navigate those experiences and build your professional competence.

From supervision, you can also gain something more intangible, which is building confidence in your professional and therapeutic identity. Having been on both sides as an intern gaining hours and as a Clinical Supervisor, I don't think it's a stretch to say that it's normal to feel anxiety and a lack of confidence as you encounter new clients and new clinical challenges. Starting out as an intern, I worked in a reputable agency that was very supportive and encouraging of my growth. I gained a solid base of "common factors" of psychotherapy (such as presence, empathic listening, validation and compassion) along with various types of interventions. Weekly supervision helped me to apply the learning to my client work and build confidence.

At the same time, I had a more distinct theoretical orientation and didn't have a supervisor with that orientation. To develop my unique professional identity, I sought consultation to help me conceptualize clients through my particular lens of psychotherapy, as well as with my own anxiety and counter-transference issues (you might have guessed this is a psychodynamic lens). All of this, both from supervision and consultation helped me build confidence in my approach to providing therapeutic services.

cont'd on pg. 12



Although it is an added expense to seek out consultation, it can give you the extra support you might need in your clinical development. You can search for clinical consultation (or supervision) through the MC-CAMFT member directory and inquire whether they provide that service. Another option is to join or form a consultation group with peers to discuss cases and conceptualize clients. Many people stay with these groups for a long time and build wonderful professional and personal relationships. You can also bring on a licensed therapist periodically to explore certain topics or obtain consultation support. MC-CAMFT also offers a Mentoring program through which you can be matched with a local psychotherapist who can provide support in getting started in the profession. Be sure to use the same criteria (referenced in the previous article) as with a supervisor to assess whether there is a good fit between you.

In addition to supervision, clinical training will likely also be important to your professional development. Perhaps like me, you've discovered that while your graduate school education was high quality, you may have just begun to scratch the surface in developing your unique clinical approach. Where to begin?

Defining your professional and therapeutic identity is something you'll hone over your career as a therapist. Having a starting point with an idea of your theoretical orientation is helpful. You will probably find yourself in a particular theoretical "camp" to start with, like CBT, psychodynamic, experiential, humanistic or other approach. You can also be an integrative therapist, blending elements from different approaches. You may also know you'd like to specialize in couples' therapy, play therapy, family therapy or other modality. From there, you can research places to deepen your skill and knowledge. There are many training organizations to be found, some of which specialize in a specific approach or modality and others that are more "a-theoretical." There is the Psychotherapy Networker, PESI, NICABM and other online training organizations that offer a range of training opportunities. You may also know that you want to pursue a post-graduate certification to specialize in a particular theoretical orientation or modality, and you just need to google "XYZ psychotherapy training programs," and see what comes up. Many will offer free or low-cost introductory courses to get a taste of their training programs.

Although it is not a requirement for licensure, seeking your own personal psychotherapy can also be invaluable in meeting the challenges of beginning your career as a psychotherapist. In my own experience, I could bring my issues, concerns, questions and even cases (mindful of confidentiality, of course) to discuss and work through. I can probably say that I wouldn't have made it through the licensure process without my therapist, and I'm forever grateful to her.

In addition to the experience of gaining supervised hours, there are technical and logistical considerations to take into account. You will sit for the MFT Law and Ethics Exam, ensure that your workplace meets the requirements for your current status, verify your supervisor's license is valid/clear, renew your Registration every year with the BBS, comply with laws regarding advertising your services, and continue to track and log your hours. Again, refer to the BBS website for the details on these requirements.

Last but not least, be sure to sign up for membership in state and local CAMFT, for resources, information, community and support on your Road to Licensure. Check here <https://mccamft.org> for member benefits on the MC-CAMFT website. See you in the next article, and good luck on this phase of your journey!





### **Dream Big and Create Your Own Magic in 2023**

*A personal perspective on the maze, the brain, and magic.*

*by Edy Nathan*

That's how many folks keep the resolution promise after six months of making the commitment to the self. I found it to be a surprisingly high number, yet, the fall-off from intention to action is sharp.

I'm not here to talk about resolutions, but rather about the loss of the dream. Your dreams. Your desires. And something within you that didn't get realized or fulfilled. It keeps hanging around, the memory of the thing that didn't happen in your life. The relationship that had gone wrong, the work-life you thought you'd have, or the person you thought you'd become. How maybe, just maybe, you'd be different than your parents, or make a difference in the world, or honor the internal spark you once knew.

Oh, the magic bestowed upon the children who dream about what they could be or do or see. Do you remember being a kid and thinking, "I want to \_\_," and just filling in the blank? Or "I wish I could \_\_," do this or become that? When was the last time you actually asked yourself these questions? When did they stop? Why did they stop? There's something about the loss of dreams, especially when they've become dormant or taken leave of your soul. It is that leave-taking that keeps the ongoing resolution mentality alive.

#### **1. Making Magic Takes Time**

Magic. There is a kind of magic in your brain. It holds many secrets. If you let it, if you invite it in, it can befriend you, when asked, as you set up to create and reignite the dreamer within you. The brain is like a maze with switches that turn on and off. Sometimes there are dead-ends and sometimes one path leads to another path, and amazing things happen because something that's been shut down suddenly becomes alive. The matter of aliveness happens by telling the brain you are serious about your own dreams.

Celine Dion said it in her song Immortality:

"Cos I have found a dream that must come true. Every ounce of me must see it through."

The magic of fulfilling the dream begins with curating the hunger for the vision to become a reality. Yes, dreams do come true. They require you. And, no I'm not talking about your dream to win the lottery. That's not in your control, right?

#### **What's in your control? Your attitude.**

#### **The messaging you give to your brain.**

It takes a lot of work, to navigate through the untenable maze of negative voices carried within you. The voices are the thoughts that exist in your brain, and are irresistible to attach to, especially when they are loudly saying what you think about yourself: "It's not worth trying." "Your stupid to think you can change an outcome." The goal is to refute these negativities and get into the same perspective as touted in the song, I Hear Voices In My Head sung by Skinny Head, CLMD, where the desire is to "Get rid of the voices in my head." Replace them with the reclaiming of the self—And the Dreams.

#### **2. It's Time to Break Up With Dormancy to Get Back to Dreaming**

The breakup must occur. Like any bad relationship that keeps you down, your inactivity or sluggishness around reinstating the claim to your dream has got to be interrupted. Dormancy is a grief reaction to what you've lost. The good news is once you see how you've been affected by the loss of the dream, you have the power to reinstate it. Dreaming Time must begin. Invite it in.

#### **3. Be Curious**

Your curiosity is one of your allies. Yes, it's an ally and aligns nicely with your brain as your ally. They are both superpowers to help you get into the mindset of Dream Creation. Master it by creating a daily mantra about the dream. Where do you see yourself in the dream? What stops it, when it gets interrupted? Pay attention to this because what gets in the way of your dream time, is great information. What keeps you stuck is as important as what moves the dream forward. According to the work of Kou Murayama an associate professor at the University of Reading, if you are motivated, you learn better and remember more of what you learned, and that different types of motivation influence learning. For example, mastery-based motivation supports long-term learning. And learning is key to dreams and magic.

cont'd on pg. 14

#### 4. Share It or Not, Own the Dream

Sometimes sharing the dream with others makes the dream real. Create a list of outcomes and obstacles that might cause the dream to take pause or to take its place in your reality. Be aware of what I call the Knowing and Believing Gap. You know what to do and don't believe knowing what to do will make it happen, which causes you to become a non-believer. Bring the gap out of its resistance, by knowing what needs to be done, and believing you can make a difference. If you're happy, good chance, others around you may experience the shift out of inertia and into actionable movements affecting your sense of self, desire, and resilience.

#### 5. Dream and Delight

Imagine. Continue to imagine the outcome. If this changes, so be it, it's okay, because you are on the path to shifting your relationship to the status quo and to the grief that's been hanging around and disabling your ability to be the creator of a dream come true. You can be your own magician by seeing beyond the negative cognitions, instilling new thoughts and ideas, and breaking the stagnation. Delight in your dream possibilities. Small steps get you there. Small wins get you there. Make a list of the dreams that are attainable. See how it feels to acquire the dream and make it part of you. Wake up with the dream of the day. How will you make part of the dream come alive in the day? See it. Imagine it. Imagine you in it.

Be that little kid again who says: I Wish I Could Be \_\_\_.  
I Wish I Could Create \_\_.

It begins with you. And you become your own architect to create the life, the moments, the outcomes that start with a dream and can turn into a reality.

"The possibility of the dream gives strength."  
— Lailah Gifty Akita, Pearls of Wisdom: Great Mind

## Guest Article

### The Difference Between Habit and Discipline

*Discipline is not the ability to sweat, but to change.*

by Llana Simmons, Ph.D.

Discipline is hard to spot. Sometimes a habit that makes you sweat looks like discipline. But it might not be.

Imagine an example: A young girl grew up scared of getting fat. Around 15, she started running daily and restricting her eating. Now 35, she runs six miles every morning and avoids sweets. From some perspectives, she looks very disciplined.

Zoom into her life. Whenever she has an engagement that's too early in the morning for her to run, it throws her off her guard. Without the run, she gets cranky; and she tends to avoid big social dinners. At some point, when her habits start restricting her social life, her therapist recommends she change her routine. Maybe she should take a day off each week. Or, he suggests, she might consider running less.

The therapist is asking her to leave her comfort zone, to exercise self-control or discipline. We typically define discipline as the ability to give up immediate pleasures for long-term goals. Our runner's situation is just atypical because her immediate pleasures are not the most common pleasures, like cake or beer.

But anyone who's struggled to give up a habit (whether it's ingesting too much or too little) knows that change requires an uncomfortable identity shift. In this sense, perhaps true discipline (rather than habits of rigidity) is your ability to leave your comfort zone. (My college roommate once said, "You write every morning--but that's not discipline, because you like it!") Indeed, discipline is related to the flexibility it takes to abandon a immediately-comforting behavior for a more frightening one.

Perhaps truly disciplined people do need flexibility--even more than will, especially if that will is too rigid for enacting change. To think more about this, I'd like to hear concrete stories. What's one behavior you're struggling to change, and what does that struggle feel like?

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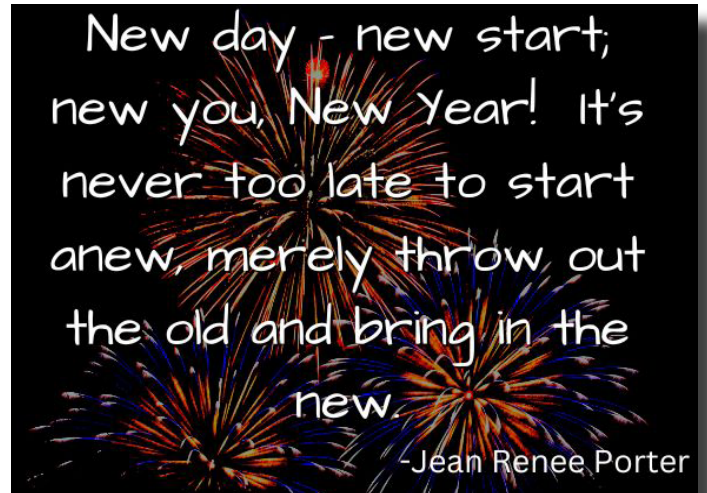
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### **MC-CAMFT** **Mission Statement**

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.



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