

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

**January / February 2024 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!

**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

**MC-CAMFT CALENDAR**

**LUNCHEON / CE EVENT**

*Event: Grief Medicine for Heartbreaking Times*

*Date/Time: January 20th 2024 9am - 4pm*

*Location: Unitarian Universalist Church of the Monterey Peninsula*

*More Info: 6 CE's / Lunch Provided*

*Registration: <https://www.mccamft.org/event-5541177>*

**PSYCH-HIKE!**

*Event: PSYCH-HIKE!*

*Date/Time: January 27th, 10am-12pm*

*Location: Jack's Peak*

*More Info: \*Weather Permitting\**



**In This Issue...**

2024 Board/Committee	pg. 2
President's Message	pg. 3
Upcoming Events	pg. 4
Event Reflections	pg. 4
New Board Members!	pg. 5
Couples Corner	pg. 6
Guest Article	pg. 7-8
Member Ads	pg. 9
Newsletter Deadlines	pg. 10

# 2024 MC-CAMFT Board Roster

## 2024 Board of Directors - Officers -

**President:**

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

**President Elect:**

Barbara Morales-Rossi  
[therapy@rebelheartscounselinginc.com](mailto:therapy@rebelheartscounselinginc.com)

**Past President:**

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

**Treasurer:**

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

**Secretary:**

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

Wishing you a  
happy New Year!  
May it be filled  
with new adventures  
and good fortunes.

## 2024 - 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)

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

Barbara "Blaze" Lazarony  
[blaze@blazelazarony.com](mailto:blaze@blazelazarony.com)

**Continuing Education Chair:**

Susan Valkenaar, LMFT  
[susan.valkenaar.lmft@gmail.com](mailto:susan.valkenaar.lmft@gmail.com)

**Programs (Co) Chair:**

Susan West, LMFT  
[Susanwest.lmft@gmail.com](mailto:Susanwest.lmft@gmail.com)

Michael Guichet  
[mike.guichet@gmail.com](mailto:mike.guichet@gmail.com)

**Website:**

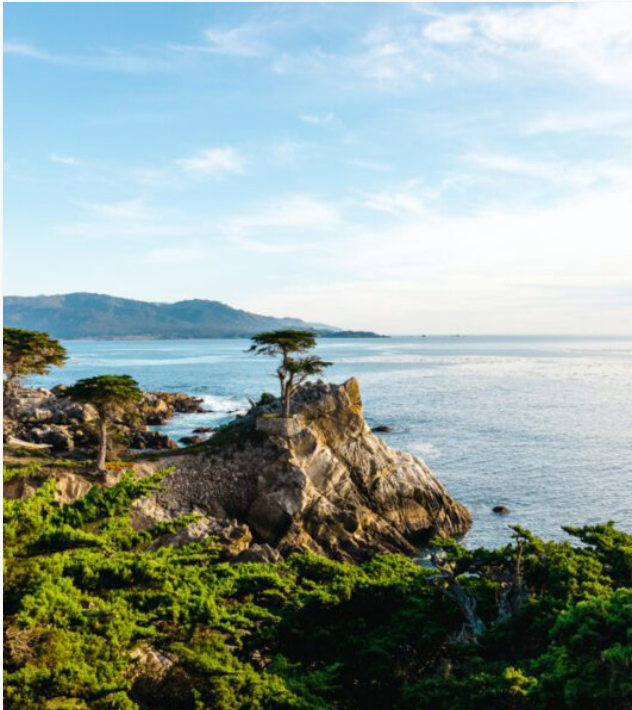
Paid IT Consultant  
Katie Dutcher  
[katiedutcher@gmail.com](mailto:katiedutcher@gmail.com)

**Membership Chair: OPEN**

**Public Relations Chair: OPEN**

**Disaster Response Chair: OPEN**

**Hospitality Chair: OPEN**

**Like Us on Facebook!**

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

**Amy Snyder**



**2024 Board President**

*Dear Esteemed Members,*

*I hope this message finds you well and that you enjoyed a joyous, restful, and emotionally enriching holiday season. Regardless of the traditions you cherish, we collectively observed the darkest day, witnessed the turning of the sun, and welcomed the slow return of light at the Solstice. It is a time for renewal and new beginnings, and as the days lengthen, we gaze into the new year with rejuvenated eyes and hearts.*

*First and foremost, my gratitude goes out to each one of you who attended Thera-Palooza, our annual holiday celebration. The gathering was a vibrant affair, with members mingling, sharing camaraderie, and getting better acquainted. Our sincere thanks to Tarpy's for being a gracious host, providing delicious food, refreshing beverages, and a welcoming ambiance for us to enjoy each other's company. Special congratulations to Kristina Anzell, the fortunate winner of our grand raffle prize—a complimentary visit to Refuge for a well-deserved moment of self-care.*

*I am delighted to announce our newest board members. Please join me in extending a warm welcome to Barbara Morales-Rossi, our President Elect, and Susan Valkenaar, who will be leading our continuing education efforts in 2024. You can find detailed biographies of all our new board members in this newsletter, offering you the opportunity to get better acquainted with the dedicated individuals working tirelessly on your behalf this year.*

*Looking ahead, our calendar is brimming with exciting events and presentations. Kicking off the year, we have a full-day workshop titled "Grief Medicine for Heartbreaking Times," presented by Amy Hyun Swart. As a Licensed Marriage and Family Therapist specializing in grief and trauma, Amy will guide us through a unique presentation and experiential workshop, helping us navigate grief both in our professional practice and personal lives.*

*Back by popular demand, the Psych Hikes return this year, starting with a refreshing outing at Jacks Peak Park on January 27th (weather permitting). We are also expanding our social events beyond hikes and welcome your ideas for future gatherings. Please reach out to Michael Guichet, our Programs Chair, if you have input to share. Mike will be spearheading our social events this year, and we're thrilled to have him as a valuable addition to our board this year.*

*As we embark on this new chapter together, I'm excited about the opportunities for connection, growth, and collaboration that lie ahead. Thank you for being an integral part of our vibrant community.*

*Warm regards,*

**Amy Snyder, LMFT**



# Upcoming Events

---

**January 20th, 2024 9am - 4pm**



## Grief Medicine for Heartbreaking Times

Amy Swart, LMFT, believes that learning how to be with grief is necessary to be able to cope with both personal losses and the heartbreak of our times. This workshop will explore individual and collective grief through the lens of somatic therapy, expressive arts therapy, and social justice. The unhealthy qualities of modern society that perpetuate grief phobia will be examined.

This is an experiential workshop with hands-on exercises to develop the most important skills needed to be an effective grief facilitator. Participants can anticipate coming away knowing new ways to work with clients and groups in grief and how to be in closer relationship to grief in their own lives.

### Measurable Learning Objectives:

*Therapists will be able to:*

- Apply at least two expressive arts techniques to help individuals in grief
- Explain the importance of grieving in community and apply two techniques to offer in communal grief settings
- Articulate why grief needs to be worked with somatically and apply two somatic interventions for grief
- Identify how our left-brain dominant culture can inhibit the grieving process and reinforce grief phobia
- Identify six kinds of heartache that most grief stems from
- Know three characteristics that are necessary to possess as a therapist working with grief

### Presenter Bio:

Amy Hyun Swart (she/her) is a Licensed Marriage and Family Therapist specializing in grief and trauma in the modalities of somatic EMDR therapy and expressive arts. She was introduced to the healing power of grief work by way of her own life experience, the traumatic loss of a parent at an early age, and witnessing grief's ability to bring people from different backgrounds together through connecting over the love for what was lost. As a grief activist, Amy views grief as a critical ingredient to move through these collectively heartbreaking times without losing our shared sense of humanity. Her work is informed by the wisdom of the body, the creative imagination, the healing power of nature, and the alchemical quality of community. She had the privilege of being a mentee of Francis Weller for five years and carries his teachings as the foundation of her work. She has been leading grief gatherings and courses since 2015, both in-person and online, and maintains a private practice in San Francisco. To learn more please visit [griefmedicine.love](http://griefmedicine.love) or [amyswart.com](http://amyswart.com).

**6 CE's are included in the registration cost for this presentation**

### COST

Licensed MC-CAMFT Members: \$95

Pre-Licensed MC-CAMFT Members: \$75

Non-Members and Guests: \$125

Course meets the qualifications for 6 hours of continuing education credits for LMFTs, LPCCs, LEPs, and/or LCSWs, as required by the California Board of Behavioral Sciences.

## Event Reflections - TheraPalooza

---



# *Meet Your New Board Members!*

---

## *Barbara Morales-Rossi - President-Elect*



Barbara Morales-Rossi is a licensed marriage and family therapist and a licensed advance alcohol and drug counselor, living and working in Monterey. Rebel Hearts Counseling, Inc. was established in 2021. She is passionate about her work with individual adults who seek help for addiction, recovery support and increase awareness of issues that get in way or personal growth.

Life before therapy, included many years in working retail and pursuing a B.A. in U. S. History and a Master in U.S. History. She studied the effects of dominant narrative impact disenfranchise and their ability (inability) to function. She also spent many years (still does) living in recovery and found that she had mad skills that encouraged to folks to manage life in sobriety and other issues that rise when recovery happens. In between studies at an alcohol and drug program, she attended Counseling Psychology program at John F. Kennedy University, after graduation 2011, started her career as a psychotherapist.

Barbara moved to Monterey in 2020, during Covid-19, already licensed, she took the leap of making a dream come true: having her own private practice, Rebel Hearts Counseling, Inc. She has since made a home for herself in Monterey, making it daily practice to be rebellious, authentic, and continue to heal. She awed by her clients that create their own practice using therapy to become their healers.

## *Michael Guichet - Program's Co-Chair*



I am Michael Guichet and I go by Mike. I am a passionate sex therapist who loves doing the work I do. My work is focused on helping individuals, partners, and couples to connect on the things that are not being talked about. Often people believe they are broken or their desires are shameful and I work to create change, support people in exploring their desires, and facilitate communication. I enjoy the work of helping clients change the patterns around their sex lives. Specializing in sex therapy I see individuals, couples, partners, and families in monogamous, polyamory, open, LGBTQ+, kink, and BDSM communities. Also, a major component of my work is supporting clients moving through sexual dysfunction and disorder. It is my passion to work to heal shame and facilitate communication around my client's identity, relationship orientation, sexual orientation, sexual behavior, and many more aspects of the sexual experience. I am working in Monterey and Santa Cruz Counties providing only telehealth and my site can be found at [Mikemft.com](http://Mikemft.com).

I am looking forward to bringing my energy to events and programs.

## *Barbara "Blaze" Lazarony - Pre-Licensed 3000 Hour Chair*



For 20 years, Blaze held high-level positions in Fortune 500 companies, including Macy's, Inc., Burdines, and Maas Brothers-Jordan Marsh. She led and mentored junior and senior executives and managed \$2.5 billion in sales in 42 locations across the United States. She thought she was her job title until she was diagnosed with cancer and chose to leave that world behind.

Personal transformation was the catalyst to her own self-development. In 2004 and 2003, respectively, she became an Advanced Certified Integral Coach with The Institute for Transpersonal Psychology and a Certified Coach with the world-renowned Martha Beck.

After a second cancer diagnosis, Blaze went to graduate school, earning her master's degree in counseling psychology from Sofia University in Palo Alto, California.

Today, Blaze is passionate about working with neurodiverse individuals and couples to build upon their strengths and conquer the challenges that stand in their way; she is also an Adult Autism/ADHD Assessment Specialist. You can find her online at [www.BlazeABrilliantPath.com](http://www.BlazeABrilliantPath.com) and [www.LoveOnTheAutismSpectrum.com](http://www.LoveOnTheAutismSpectrum.com)

## *Susan Valkenaar - Continuing Education Chair*



I began working in the field of mental health from 2005. I began my journey working as a Perinatal Substance Abuse Counselor and later transitioned to a Mental Health Clinician working at the county level. It was early in this career that I learned to support people struggling with all types of addictions as well as overcoming struggles with mental health. With this experience I became a lead Clinician for treatment of cooccurring disorders. I did both individual therapy and ran multiple groups for woman, recovery groups, DV, and children in DV families. I later transitioned to working at Kaiser Permanente Hospital. I worked as a Health Educator in the psychiatry department. Here I taught people about how to manage all aspects of mental health. I later worked at Kaiser's Crisis Stabilization Program helping those in crisis.

My graduate work was in a program of Holistic Studies, and I focus my treatment with this approach. Currently I own and run a full time private practice. I moved my practice from North San Jose to Monterey in 2022. I continue to specialize in mental health and the treatment of addictions. I also now specialize in working with couples and families to improve their communication and live the lives they choose on a road to recovery. After all this time and experience I still find joy and fulfillment helping others change their lives for the better.

## Couples Corner

offered by EFT trained therapist Amy Somers

We have a couple that is currently struggling with forgiveness. “Forgiving Injuries,” Sue Johnson calls it in Conversation 5. An indiscretion brushed up against a major raw spot of abandonment then resulted in an attachment injury, which then rebounded back to the first partner in a self-fulfilling raw spot of failure. They have been down, up and all around, then finally, stuck. They have exposed their raw spots with vulnerability, spoken their demon dialogues, and turned a corner. They finally found hope, felt downright optimistic. Then the last time we saw them, it was as if they took five steps back and were stuck again. One partner dread coming home from work. What happened, we asked? Why the setback? They were not certain, but we gathered by the end of the session that trust had been tenuous at best then perceived old patterns returned them each to their attachment of origin, a.k.a., fight or flight mode (anxious and avoidant). And so, the dance began again, a comfortable discomfort of distance.

First, regression is quite normal in EFT. When it looks like repair has happened, there is an underlying fear of rupture return (What if it happens again?). I broke both my feet a couple of years ago and it took an excruciating year to get back to regular hiking mode. I tripped yesterday and heard a noise that I thought was my foot but was my water bottle crashing down on the cement. My mind went immediately to “I broke my foot, WTF?!” when really, I slipped off the cement pad edge, my knees buckled, and I fell onto the grass. I was afraid to stand up, could not imagine going through recovery again. A bit of PTSD, it took me longer than I would like to say to stand up and evaluate my foot. I was fine but my mind kept flashing back to last time when I thought I was fine yet broke both feet. You get the loop. When something similar happens after a trauma, the brain does not know the difference between similar and same (I might have mentioned this already in a previous column), so it immediately goes to same. As in, the same thing just happened. Here we go again. Perceived lying translates as lying, from last time. So back we go, into the dance and into the quicksand.

So how does forgiveness happen? If the trauma is in lying, the healing is in telling the truth, time and time again. Re-wiring takes place only after an extending habit becomes reality. Dr. Maxwell Maltz, a plastic surgeon in the 1950’s determined it took a minimum of 21 days to create a new reality/habit, which has since been furthered by Phillipa Lally, a health psychology researcher, to anywhere from 18 to 254 days. Cheat sheet: it is all about the long road! In all honestly, it is anywhere from two to eight months of mostly doing the same thing. Not always, just mostly. Like secure attachment. My favorite EFT therapist Julie Menanno says “Trust is not a conscious decision, it is a felt experience. You can decide to open yourself up to trust, but you cannot force it. You cannot force another person to trust you either. You earn their trust by behaving in ways that create new experiences, and those new experiences have to take place over time.”

When I told my husband I was writing today, he suggested the topic of forgiveness and asked me to speak from my experience, since I eventually learned to forgive quickly now through our secure attachment. And believe me, I grew up in grudgeland central. This was a hard new habit to embody. For me it was also a felt body sense that made me change. Grudgeland/stuck place felt awful. To hold on to rupture and being wronged felt like a ton of bricks that I swallowed whole. I used to walk around for days with my bricks, ingesting little else. I decided to take a leap of faith one time, knowing I did not want that experience anymore. The thought made me want to vomit. So, I leapt into the unknown, expecting our Third to catch me, even though I could not see, feel, hear, smell, taste or touch it. I had faith that it was there. My jumping through the air of faith felt so much better than the bricks, and it paid off. I landed in a new vulnerable place that felt weird and wobbly, scary, and frail. I leapt into connection. He said it took him off guard, introduced a small space where there was none before, just big enough to create a new interaction, pique his interest and create an unfamiliar dance step. After a few more times of repetition, my body picked a new feeling that was better than the bricks. The initial suspension bridge steadied into a more stable steel bridge to our Third. Now I know where to go and now I remember what feels better. It is a choice. Forgiveness. It took a while though, also for my partner to respond accordingly. It is no fun crossing a bridge and standing alone, someone must meet you there. It is also okay to get scared or sick of having to leap, just verbalize this. It is another way to connection.

Dr. Sue Johnson emphasizes that some couple suffer multiple traumas and it takes longer to forgive. “The overriding lesson is you have to take your partner’s hurt seriously and hang in and ask questions until the meaning of an incident becomes clear, even if to you the event seems trivial or the hurt exaggerated. I wanted to underline that even though it seems like one person is to blame, both partners can be hurting, often mirroring the same raw spot of failure/abandonment/hurt. It is important for both partners to be heard, one at a time with the other partner listening, acknowledging, validating, and responding to their partner’s needs in a non-reactionary way. Many, many times before a new habit is formed. Add patience to your new bag of tools, why don’t you? I know, it is a lot. Take a break if you need it, breathe. Cry, jump up and down, shake out your body parts. Then breathe again, lean in, and re-connect. Build a bridge and connect to your partner, see how this goes instead. If both partners are on board, I guarantee it will feel better than the break, the disconnect. Here is hoping for a better rebuild, a stronger, gorgeous bridge after the fire of rupture. To me forgiveness is freedom. And yet it comes slowly sometimes, fast others. Forgiving yourself or your partner comes through practice, and hard work. And sometimes just blind faith and hope for soft landing. Whatever your recipe, I promise it is worth it.



### Seeking Balance Between Competing Notions of the Common Good

*To foster a good society, it is vital to balance different concepts of the common good.*

-Samuel Wilson Ph.D.

#### KEY POINTS

- In pluralistic societies, there are reasonable differences of opinion about what is right, fair or just.
- Different conceptions of the good complement each other, notwithstanding the tensions between them.
- To foster an ethical society, we need to seek an equilibrium between different conceptions of the common good.

Some 20 years ago now, the writer and philosopher John Ralston Saul wrote *On Equilibrium*, an insightful study of the human struggle for personal and social balance. In it, he explored what he regarded as the essential qualities of humanity—common sense, ethics, imagination, intuition, memory, and reason—and how they can be used to achieve equilibrium for the self and foster an ethical society.

However, Saul argued that when our qualities are worshipped in isolation, unbalanced by our other qualities, they become weaknesses and, worse, forces of destruction. In short, Saul argued, they become ideologies.

These insights are just as relevant to our conceptions of the common good which, as Sluga (2014) has observed, can be construed in terms of justice, freedom, security, order, morality, happiness, individual well-being, prosperity, progress, and much else besides.

In the context of the prevailing polarization of the Western world, and the growing division in our beliefs about what constitutes a good society and how best to achieve it, it is timely to reflect on the notion of equilibrium in the context of the common good.

What does it mean to balance different conceptions of the common good and how is this balance related to our ability to foster a good society?

In this short essay, it is not my intention to set out how different conceptions of the common good ought to be balanced. Rather, proceeding from the assumption that, in pluralistic societies, there are reasonable differences of opinion about what is the right or fair thing to do, and that each perspective distills aspects of wisdom that are missed by the others (Verweij et al., 2006), I want to show how different conceptions complement each other, notwithstanding the tensions that inhere between them.

There is, of course, nothing especially new about this insight. It was, for example, observed by the nineteenth-century philosopher John Stuart Mill in his seminal work, *On Liberty*:

*“In politics...it is almost a commonplace, that a party of order or stability, and a party of progress and reform, are both necessary elements of a healthy state of political life...Each of these modes of thinking derives its utility from the deficiencies of the other; but it is a great measure the opposition of the other that keeps each within the limits of reason and sanity” (2003, p. 113).*

This idea found expression more recently in the work of social scientists Marco Verweij and colleagues. Drawing on decades of research that reveals that, beneath the rich diversity of human cultures, human ways of life are patterned by a limited set of basic social forms, Verweij and colleagues (2006) contend that four social forms characterize social life—egalitarianism, hierarchy, individualism, and fatalism—all of which are natural, legitimate, and co-occurring ways to perceive, organize, and justify social relations.

Crucially, despite representing contradictory modes of social organization, egalitarianism, hierarchy, individualism, and fatalism exist simultaneously and persist over time. Ultimately, despite their contradictions and tensions, each social form requires the moderating influence of the others to stop them from devolving into self-limiting, destructive ideologies. Schwartz (1991) characterizes these moderating interdependencies thus:

*“Each way of life undermines itself. Individualism would mean chaos without hierarchical authority to enforce contracts and repel enemies. To get work done and settle disputes the egalitarian order needs hierarchy. Hierarchies, in turn, would be stagnant without the creative energy of individualism, uncohesive without the binding force of equality, unstable without the passivity and acquiescence of fatalism. Dominant and subordinate ways of life thus exist in alliance, yet this relationship is fragile, constantly shifting, constantly generating a societal environment conducive to change” (p. 765).*

Ultimately, each of these social forms, or ways of life, distills certain elements of experience and wisdom that are missed by the ways of life and provides an expression of the way in which a considerable proportion of the populace feels we should live with one another and with nature (Verweij et al., 2006).

Crucially, each time one of these perspectives is excluded from collective decision-making about wicked problems in the “shared-power contexts” (Crosby & Bryson, 1992) that typify life in complex, pluralistic societies, governance failure inevitably results (Verweij et al., 2006). This is a vital insight.

Similar arguments could be made for the tensions that inhere between the social justice and social order worldviews that I have outlined previously. Although these worldviews are in tension, each worldview nevertheless contains important wisdom that is lacking in the other, without which each worldview would devolve into pure ideology, harming the individuals and society it purports to help.

Thus, although the social justice worldview centres outcomes and the social order worldview centres processes, a concern about both is necessary because the common good is much about process as outcome (Wilson, 2023). This seems to be as true in normative ethics, overall, as in folk conceptions of the common good (Wheeler et al., 2024). Thus, it behooves us to balance both in a manner that is alive to the different ways in which polysemous concepts like fairness and justice can be understood.

Similarly, as observed by John Stuart Mill, perspectives that value stability and those that value reform are both necessary for a healthy state of political and civic life, their co-existence tempering our natural desire for progress with an equally natural desire to conserve the good things have been bequeathed to us by our forebears. In Saul's (2001) terms, this might be understood as seeking equilibrium between imagination, common sense, and memory.

If, as Sluga (2014) argues, the common good is not something that can be determined by the supposed experts on the common good, such as politicians, economists and psychologists, but something more akin to an ongoing search where experts inform but do not determine the good, then it falls to us, as citizens, to seek and sustain this fragile balance between competing conceptions of the common good.





## Job Postings



[prelicensed.com](http://prelicensed.com)

Follow Us on [Facebook](#), [Twitter](#), and [LinkedIn](#)!  
Subscribe to our [e-mail newsletter](#) for important updates and special offers!

### *New Job Listings From Prelicensed.com*

[Bilingual Child and Family Clinician-Empower Youth!](#)

[Bilingual Therapeutic Visitation Clinician-Support Youth!](#)

[Mental Health Therapist - Birth to Five - King City - Seneca](#)



## Equip

[www.equip.health](http://www.equip.health)

Equip is hiring CA therapists for 20+ hours per week. All positions are salaried (guaranteed pay regardless of case-load) and come with health/dental/vision benefits, PTO, paid supervision and training, and remote work stipend. Salaries start at \$40k for 20hrs/week.

Learn more and apply at:

<https://equiphealth.recruitee.com/o/licensed-therapist>

## Member Ads

### *Is it time to create or update your website?*

MC-CAMFT webmaster, Katie Dutcher, specializes in creating beautiful and affordable websites with Square-space, and she's currently taking on a small number of new website clients.

For a free consultation, email Katie at:  
[hello@katiedutcher.com](mailto:hello@katiedutcher.com) or visit  
[www.katiedutcher.com/design](http://www.katiedutcher.com/design)

### ***\*SERVICE FOR CLINICIANS\****

*Do you have a guided meditation, imagery exercise, grounding/containment exercise, even a conference talk audio file that is full of ambient noise or not up to the quality you'd like?*

Contact:  
[ross@visceralrecords.net](mailto:ross@visceralrecords.net)  
for more info, samples of work, and/or pricing





**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 Ross Farley III, LMFT, newsletter editor,***  
***[rossfarleyiii@gmail.com](mailto:rossfarleyiii@gmail.com), 831-313-4043***

## **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 12th of the month preceding publication.

## **NEWSLETTER DEADLINES**

Newsletters are published at the beginning of the month, every other month (January/February, March/April, May/June, July/August, September/October, November/December). Deadline to contribute articles and advertisements is the 12th of the month preceding 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**

1989 Jane Ellerbe	2003 Lois Panziera
1990 Connie Yee	2004 Mary Sue Abernethy
1991 Joan Mortensen	2005 Elisabeth Wassenaar
1992 Mark Willison	2006 Mary McKenna
1993 Katherine Weller	2007 Brenda Lang
1994 Jerian Crosby	2008 Abby Bukofzer
1995 Janis "JC" Clark	2009 Eileen Nazzaro
1996 Steve Weiner	2010 Elizabeth Ramírez
1997 Mary Jane Melvin	2011 Heather Crimson
1998 Steve Mahoney	2012 Carolyn Kelleher
1999 Susan Ross	2013/14 Cheryl Fernandez
2000 Judy Masliyah	2014/15 Emily Lippincott
2001 Barrie O'Brien	2016/19 Kristine Jensen
2002 Stephen Braveman	2020/22 Jennifer Farley