

The Monterey County Chapter
California Association of Marriage and Family Therapists

May / June 2022 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

June - Staying Connected Salon

Event Type: Online/Virtual Salon

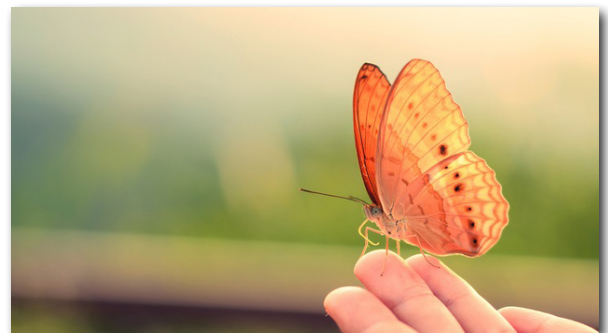
Host: Olivia Stadler

Location: Online

Date/Time: June 23rd

Schedule: 6:30pm-7:30pm

Number of CEs: 3



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

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2022 MC-CAMFT Board Roster

2022 Board of Directors - Officers -

President:

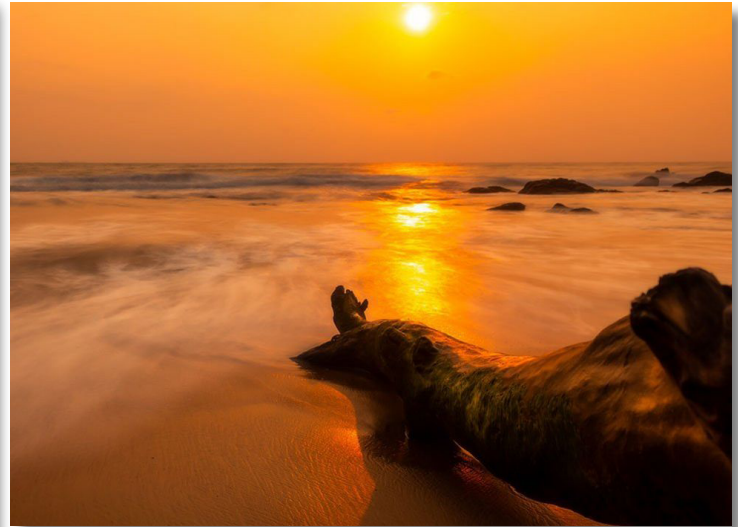
Jennifer Farley
jennifer@shamanhealingmonterey.com

Treasurer:

Susan West
831-206-7639

Secretary:

Rochelle Hall
rochellehall.consult@gmail.com



2022 - Committee Chairs -

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Public Relations: OPEN
Programs Chair: OPEN
Continuing Education Chair: OPEN

Legislative & Ethics Chair:
Michael Newman

Mentorship Chair:
Pat McDermott, LMFT
patmcdermft@comcast.net

Newsletter Editor:
Ross E. Farley III
rossfarleyiii@gmail.com

Hospitality Chair:
Olivia Fae Stadler
olivia.stadler@yahoo.com

Pre-Licensed 3,000 Hr. Club Chair
Catherine Rodriguez

Member-At-Large:
Carmen Martin, LMFT
lovehealing@me.com

THINGS TO REMEMBER

Tomorrow is a new day

Making mistakes is part of life

Saying 'no' is okay

Not everyone has to like you

Beauty & strength come from within



Like Us on Facebook!

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

Jennifer Farley



2022 Board President

Hello MC-CAMFT Chapter Members! I hope all of you are enjoying spring as much as I have been!

In the theme of spring, the chapter has several seeds that have been planted that should be “sprouting” soon, but aren’t quite there yet. One of those items is an update to our announcements forum. Despite attempts to make our announcements forum user friendly and active, it was decided that we simply need a whole new approach. Olivia has tackled this, and shortly, we will be introducing a new listserv that should be much more accessible- hopefully leading to a lot more of an active member flow of communication.

Also, as the board has been in the process of transitioning the record keeping to a digital format, it made sense to create a consistent email address for the board: mccamft@gmail.com. This email will be checked consistently by designated board members, and thus, regardless of who is on the board, members will have at least one consistent place where they can connect to board members.

As far as events go, well, to be honest, we don’t have any CE events currently scheduled because we do not have anyone in the Programs Chair role dedicated to organizing these events. Of course, as president I am doing my best to schedule what I can, but I simply can’t keep up with the typical pace of our programming without more help. That being said, keep your eyes out for an in person outdoor gathering to be scheduled soon. This gathering will be an opportunity to connect, socialize in person and understand more about the current state of our Chapter. Details will be emailed as they are solidified over the next couple of weeks.

Lastly, I want to highlight that the Member Spotlight is back! Our Member Spotlight includes a photo and write up by a chapter member highlighting his/her/their work in the community. The Member Spotlight appears in the newsletter and on the website. If you are interested in being in the spotlight, all you need to do is send a headshot and a writeup to Ross Farley III, and he will add you into the rotation. You can contact Ross at: rossfarleyiii@gmail.com

May you be well,

Jennifer Farley

Thursday June 23, 2022

Staying Connected Salon

6:30-7:30 PM via Zoom

Hosted by Olivia Stadler

Come join fellow MC CAMFT members virtually to connect and touch base with one another. We'll start off with announcements as a large group and then go into breakout rooms to explore some fun & light conversation starters.

Bring snacks, drinks and even pets to this virtual gathering with your colleagues!

If you'd like to attend this gathering, please RSVP. Because this is an informal meeting, you RSVP by sending Olivia Stadler an email confirming your desire to attend (there is no official on-line registration through the website). Once the host has received your RSVP, she will send you a Zoom invite with a passcode for the event. Due to the informal nature of this event, CEUs will not be offered.

[EMAIL RSVP](#)

Member Spotlight

Catherine Rodriguez, MA LMFT #83678



Since I can remember, I was always searching for purpose and meaning in life. After high school and college, I spent 20 years working in various Silicon Valley human resources jobs, hoping to find the career where I could make a difference. On the side, I pursued a deep interest in psychology and read countless self-help books. After many years of research and soul searching, I finally decided to make a vocational leap and study Counseling Psychology at Santa Clara University.

Going into graduate school, I envisioned working with mid-life adults who suffered with difficult life transitions, such as the stressors of being in the “sandwich” years between raising children and caring for aging parents. Throughout my years of schooling and internships, I broadened that focus through experience working with different populations and issues. At my first practicum site at Hospice of the Valley in San Jose, I did individual and group grief counseling for adults. From there, I joined CHAC (Community Health Awareness Council) in Mountain View, working with families, children and adults in school-based and clinic settings in a variety of presenting issues. The common theme I found throughout these experiences was the devastating impact of trauma on individuals, families and the larger society.

Initially, I had a strong psychoanalytic sensibility, knowing that childhood shapes one’s internal sense of self, others and the world and operates at an unconscious level. I pursued psychoanalytic training for a time, but soon realized that I was drawn to a broader orientation of humanistic, existential and experiential approaches, with an underpinning of psychodynamic theory. I’ve trained in AEDP (Accelerated Experiential Dynamic Psychotherapy), Trauma-Informed and Focusing-Oriented Psychotherapies, and offer my clients a corrective emotional experience in an environment of unconditional positive regard.

After getting licensed in 2014, I continued to work with adults in my private practice in the Silicon Valley area. It was around that time that I came across a book that changed my life called *Running on Empty* by Dr. Jonice Webb. I discovered the concept of Childhood Emotional Neglect and resonated with it immediately. I could see how devastating it was to experience the lack of emotional connection, support and guidance a person needs to grow and develop into who they are meant to be. I began to recognize in my clients the emptiness and lack of self-worth that contributed to their diminished sense of self and often resulted in years of chronic anxiety and depression.

I approach my work collaboratively, being a person with a person, witnessing, acknowledging and validating my client’s emotional experience, while helping them to connect with their own internal experience and true nature. I approach therapy from both an “outside in” and “Inside out” perspective, helping clients to gain healthier coping skills, tools and structures to replace old, unhealthy ways of coping, along with experiential insight to form a new, more accepting and compassionate relationship with themselves. My focus is to provide clients with a bridge to hope, healing and growth. You can read more about my work of meaning and purpose at www.insight4growth.com.

Couple's Corner

Couples Corner

-offered by EFT trained therapist Amy Somers

With insecure attachment, the set point always results in isolation. Feeling alone, abandoned. Whether anxious, avoidant, or disorganized, a lot of us are left feeling lonely even in relationship with a partner, sometime especially so. When stressed or emotionally activated, the go-to is pulling back, being an island. My husband and I have noticed this with every couple that comes to see us. Life is generous in the times of Covid and all it entails, giving us one fire to put out after another. Both partners attack and conquer in parallel, mostly handing off the kids or situations to each other separately, a tag team mentality. This, of course, results in burnout and separation.

Remember last time we talked about the Third and how it is a new superpower? This is when you engage your secret weapon. This is your new set point. Any kind of disaster, emotional state, illness, or even a difficult day, you bring to your secure attachment, the Third. This feels counterintuitive, scary, and just plain wrong in the moment. I said this last time, but when I hit this point with my partner, everything in me wants to run and hide, or pretend he is overreacting, or engage the walls of silence and shut down emotionally. I want to really turn up the volume on this idea. When I feel this happening, I can name it now and use my subtitles. I play out verbally where I would usually go and how this ends up between us and notice that this never works. I report that I will choose a radical act of peace and lean in, not away from my anxious grizzly bear partner. I tell him that I am seriously afraid of the claws and bared teeth, and I also choose love, not fear. I vulnerably expose myself and sit outside my comfort zone of isolation. I choose to join forces with the griz because I know what lies underneath and I call out his little one. "I love you; I choose you. I choose the Third. I am here, you're safe, it's okay," I say in a low and slow way. Sometimes the grizzly doubles down and I need extra courage.

I have done this enough now to know that the grizzly bear will melt away if I stay in peace, in love, in nurture for the young one inside. The little guy always comes out, his energy settles, and he even reaches back. Because we all just want to be love, to be in love. When you can use this as your new touchstone, you choose love, you have the faith and tap into this bigger knowing. As if you need another carrot, it simply feels better. Connection feels so much better than spinning about in our emotional solo soup, battling the ghosts of attachment past. Choosing the now, choosing secure attachment, choosing love gives a new place to lean in and really heal yourself and your partner. Because now is a time for healing. Planetary, yes, and this starts with us. Consider a radical act of create peace in your little corner of the world, watch the concentric circle echo outwards. Lather, rinse and repeat. Imagine if we all reached for connection instead of separation at this time. What do we have to lose? Only everything.

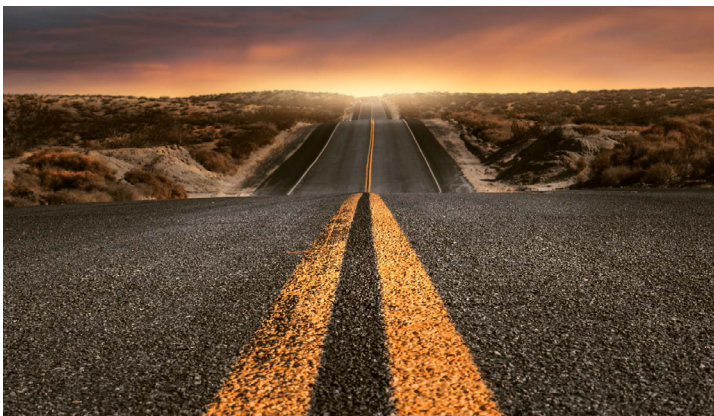


C.E. Event: Climate Psychology by Barbara Easterlin, PhD

Review by Patricia McDermott

We had a very interesting and timely presentation by Barbara Easterlin, Ph.D. on the effects of climate change on our population. We hear lots about climate change and its effects on the planet but what our presenter showed us was how climate change affects us as individuals.

She used two different clients one an adolescent and the other a couple in their thirties to show how our age and situation in life is affected by our environment. The adolescent was having problems with his parents and his motivation to move forward in his life and the couple was struggling with wild fires in their area and individual issues of being a couple and how to make sense of the world as we are seeing it today. Did they want to bring a child into this world was one of the questions they were confronted with. Climate had an effect on all three of these people without their necessarily being aware of it. Barbara has been studying climate change for several years and she gave us several tools to use with our clients in order to help them make good decisions around our helping the planet recover. I found her approach very useful for my practice and for my personal life. She was empowering us to recognize that each of us is important and either a part of the solution or a part of the problem.



Letting Go of Being “Right” Can Allow You to Enjoy Other People More: It’s empowering to be right, until everyone runs for the exits.

By Donald Altman

KEY POINTS

All-or-none thinking produces maladaptive cognitions that can produce self-fulfilling prophecies.

Research shows that mindfulness practice brings the opportunity for creativity and diversity of thought.

Try these three steps to practice reducing all-or-none thinking.

I once worked with a client whose all-or-none thinking style made it difficult for him to be around others. His mind would tell him in no uncertain terms, “I’ll always be stuck in this job,” and, “there’s no way I can pass the training needed for a promotion.” He even had body-related thoughts, such as, “I’ll never lose this weight and get in shape.”

As a result, he avoided situations where he felt he would not measure up. Other than going to work, he avoided being around people because he feared being criticized.

Over time, this person’s world shrunk and he rarely went outside because his all-or-none thinking bullied him into thinking that he wasn’t good enough. He ended up ruminating on these thoughts and getting depressed and anxious as a result. Since he avoided going to the trainings necessary for getting promoted, his thinking style became a self-fulfilling prophecy that held him back.

Mindfulness Produces Diversity of Thinking

Mindfulness is a tool for recognizing thoughts, and in this way, helps us notice them in a more objective way.

This means we can get curious about those thinking styles instead of buying into them. This shifts our relationship to the thought and even the emotion that the thought elicits.

A recent literature review published in the journal *Thinking Skills and Creativity* described how mindfulness supports creativity and in educational settings “can benefit learning, creativity, and well-being.” The article also explores how mindfulness promotes a deliberate, or intentional, state of mind that promotes openness of thought.

Openness of thought is almost the opposite of a fixed all-or-none thinking style. Keep in mind that all-or-none thinking might be steeped in a protective belief system, or schema. In other words, having a fixed ideology or belief may seem to protect one against the barrage of information and belief systems that we would otherwise need to consider.

3-Part Mindfulness Practice to Counter All-or-None Thinking

As with any skill, exercise, or practice, you want to start by taking small steps. You can’t run a marathon without doing a lot of training. So, to begin, pick out one of the all-or-none thoughts that dog you, that follow you around and rattle incessantly in your head. Usually, these thoughts have words like “always” or “never” attached to them. Those are clues that these are one-sided thoughts.

1. Do an experiment and see how many times you can notice this all-or-none thought throughout the day. You’re not trying to change anything here. You’re just trying to practice observing the thought. Do this noticing practice for a week, writing down the number of times that you caught your all-or-none thought.

2. For the next week, you can continue to notice the thought, but now, whenever you hear it, mentally say to yourself, “This is just a thought, it’s not who I am. It’s not a fact.” By doing this, you’re separating yourself ever so slightly from the thinking style.

3. For the third week, you can write down a statement that is not so all-or-none that is more honest and truthful. Is there evidence, for example, that refutes your all-or-none statement? Surely, you have sometimes succeeded or followed through on something that invalidates the all-or-none thinking style.

If your thinking style is judging others in a harsh all-or-none way, look for evidence that helps you recognize that others are just people with frailties and worries who are trying their best to make their way in a challenging world! We’re all pretty much the same in that regard. See if you can soften your all-or-none statement.

Keep on Practicing

Congratulations on starting the process of observing cognitive distortions. Don’t worry about being perfect with this practice—that would be just another kind of all-or-none thinking style. The book *Simply Mindful* contains many practices for observing and working with thoughts in fresh ways. There’s no reason to have your thoughts bully you or others. Let us recall the words of Ranier Maria Rilke, the poet who shared that thoughts and feelings are, after all, as fleeting as the next breeze.

“Let everything happen to you
Beauty and terror
Just keep going
No feeling is final”



Insights and applications into the evolutionary psychology of climate change behaviors

Ashish Tyagi

Department of Biotechnology, Dr. A.P.J. Abdul Kalam Technical University, India

Abstract

We look at climate-related behaviors through the prism of evolutionary psychology, focusing on what motivates or dissuades people from acting sustainably to combat climate change. We explain five major ancestral psychological reasons that impact people's environmental decisions in fundamental ways, in addition to current understanding. We examine how developed psychological systems such as self-interest, status, sensing, discounting tendencies, and social imitation might be exploited to promote pro-environmental behavior in recent studies. We examine the benefits and drawbacks of evolutionary-based behavioral interventions, as well as several open research issues that can help to integrate evolutionary approaches into mainstream environmental psychology

Keywords

Climate change, Evolutionary psychology, Pro-environmental behavior, Climate change interventions, Ancestral motivations

Introduction

Climate change will almost certainly have catastrophic social, health, and environmental effects [1]. Reduced anthropogenic greenhouse gas emissions, on the other hand, may be able to mitigate these effects [2]. Although many lifestyle choices have the potential to reduce personal annual emissions [3], persuading people to take environmentally friendly actions is difficult. Despite the fact that many people express concern about climate change [4], only a small percentage of them take sustainable actions [5].

Climate change and evolutionary Psychology

Many of our psychological and behavioral traits, according to evolutionary psychology, have been molded in a functional, adapted fashion by natural selection. For example, our desire for sweet and fatty foods is a psychological adaptation that has evolved to help our ancestors live in (often) calorie-deficient situations. A key lesson from evolutionary psychology is that behavior-change efforts may be ineffective if they are misaligned with the ancestral incentives that drive the problematic behavior. Educating people to avoid junk food because it is bad for their health, for example, may be less helpful than sweetening vegetables and fruits.

Environmentalists who are just interested in themselves

Humans, like all other organisms, have evolved to value their own outcomes over those of others. Many people's environmental decisions are motivated by their own self-interest. However, people's self-interests may imperil collective attempts to reduce climate change in the long run. Indeed, viewing climate change as a global social challenge suggests that it can only be solved if countries (and their populations) agree to doing what is right for the common good and dramatically decreasing their emissions. However, while reducing emissions may appear sensible from a societal standpoint, persuading people to abandon what is good for them is extremely difficult. Emissions. However, while reducing emissions may appear sensible from a societal standpoint, persuading people to abandon what is good for them is extremely difficult. Indeed, earlier study has found that emphasizing the negative effects of environmental problems for their children (i.e., their genetic future) activates kin care motives, which in turn promotes pro environmental intentions. Similarly, emphasizing self-interest — whether economic, health-related, or genetic — has been shown to reduce drivers' engine idling during long wait stops, and persuasive strategies based on kinship-based appeals have been shown to positively influence animal conservation efforts, particularly among those who have low levels of environmental concern.

This last finding is significant because it points to the efficacy of kinship appeals. Indeed, according to current models, appeals that focus on people's selfish concerns appeal to a larger audience than global, environmental appeals to urge climate change action.

Keeping up with the environmentalists is a priority

In most species, achieving higher social status and social rank is linked to a variety of evolutionary advantages. Humans, too, are not immune. As a result, our mentality is thought to have developed to be motivated by the need to attain and demonstrate status [9]. Indeed, the costly signaling theory contends that species generate costly traits to communicate no directly observable attributes to possible partners, and when applied to humans, this theory proposes that social status can also function as a signal of a person's relevant underlying qualities [10]

According to recent research, customers' perceptions of their social position improve when they eat sustainable items. This is not changed by product price, according to previous findings, but rather by people's opinions that sustainable consumers are more prosocial. Individuals who conduct in a pro environmental manner are not only perceived as more prosocial, but they are also preferred as social partners. Similarly, communication indications indicating a pro environmental lifestyle improve the romantic attraction of senders in romantic situations. When they consume sustainable items, both men and women regard opposite-sex individuals as more desirable long-term partners — and to a lesser extent, short-term lovers — and (men) proprietors of such products are perceived as selfless and committed parents and partners.

To be sure, most of these conclusions are based on the signalers' expectations and views of their behavior rather than actual action. Environmentalists, for example, are supposed to be more cooperative, yet they do not contribute more to experimental public goods games than nonenvironmentalists.

It has been claimed that the (lack) of visibility of the cooperative act is to blame for the disparity between cooperativeness anticipation and actual cooperation. When such judgments are made openly, people indicate a higher willingness to pay for green products that are more expensive than their non green equivalents. Individuals donate more to environmental organizations when their acts are public, and they donate even more when their actions are viewed by someone they will engage with in the future.

Detecting the threats of climate change

Climate change is sometimes regarded as a distant, slow-moving issue that escapes our natural, acute threat-detection system. People are frequently only made aware of such issues as a result of current information outlets. Yet, to assess future environmental hazards, prehistoric humans relied on immediate environmental cues (such as a drought or bushfire). Climate change's global and slow-moving character, according to evolutionary mismatch theory, fails to trigger an immediate self-protection reaction, making it less probable for humans to alter their actions. Offering rapid clues detectable through our basic sensory processes — scents, visual, and sounds — can overcome the mismatch by improving the effectiveness of environmental communications. Householders' motivation to engage in energy-saving actions is increased when thermal energy is visualized, according to energy study. Furthermore, research reveals that sensory information can aid in the creation of cleaner public areas and the reduction of plastic pollution. Even the fragrance of cleaning products in trains reduces littering, and if subjective perceptions of tap water taste and odor improve, bottled water usage is likely to decline. Evolutionarily old emotions that humans experience through their bodily senses can potentially be used to stimulate climate change actions. Disgust-based persuasive tactics, in particular, appear to be an effective strategy to change unsustainable eating practices by triggering self-protection demands. Combining animal products with evolutionary relevant dangers such as infections, for example, has a negative impact on attitudes toward meat consumption.

Disgust, on the other hand, is a significant barrier to overcome in the acceptance of sustainable food technologies such as lab-grown meat and edible insects. Recent findings on the acceptance of lab-grown meat, for example, demonstrate that its perceived unnaturalness generates sentiments of revulsion, which limits willingness to consume and purchase it. Many creatures, including humans, are prone to temporal discounting, which refers to the preference for instant gratification over later, uncertain gratification. Given that the longer a person waits for a reward, the more likely it is that the benefit will be lost, our brain has likely evolved to bias decision-making to devalue future fulfillment. This proclivity to devalue the future, on the other hand, may conflict with environmental regulations that require individuals to act responsibly in order to avoid potentially harmful environmental consequences of climate change.

Although humans value immediate gratification above delayed gratification, this preference is influenced by contextual circumstances and ecological cues that can be managed to some extent through climate action efforts. Regular exposure to nature, for example, reduces temporal discounting rates when compared to exposure to urban surroundings. Recent study indicates that this could have ramifications for environmental decision-making. People prefer to wait longer for improved air quality when shown photographs of natural landscapes.

Conclusion

Humans are sociable creatures. Because resource scarcity and unpredictability were likely factors in prehistoric humans' habitats, adaptations to imitate, learn from, and follow others are likely to have given them with several evolutionary benefits. Social learning, according to cultural evolution theories, evolved to reduce the costs of trial-and-error learning. However, in terms of climate action, the tendency to follow in the footsteps of others could backfire.

When the majority of people behave sustainably, descriptive social norms — that is, norms based on impressions of what most others are doing — can be successful in promoting sustainable conduct, but when the majority does not, the opposite happens. The presence of others, for example, might occasionally exacerbate people's proclivity to over-purchase food, resulting in increased food waste. However, our natural desire to imitate others and emulate role models can be exploited to promote climate action. People, for example, are more likely to prioritize addressing climate change if there is a stronger apparent scientific consensus. Furthermore, meta-analytical research suggests that descriptive norms are positively connected with climate change adaptation action participation. Limitations to a functional approach to climate change and future developments.

Although each of the aforementioned ancestral motives can be used to build interventions to boost climate action, they must be used in the correct context. Take, for example, the status-motive. People sometimes buy more recyclable shopping bags than they really need in order to gain a green reputation. For other people, signaling a green reputation is more important, and they are more likely to flaunt their green credentials in public.

We evaluated current studies that used an evolutionary psychology lens to study climate-relevant behavior, either implicitly or explicitly, in this short essay. Despite the progress made thus far, a number of scientific questions remain unanswered. Could leveraging two developed processes at the same time, such as observing your children display revulsion when eating meat, improve interventions? Furthermore, as has been done elsewhere in the context of the influence of greening schoolyards on children's social and cognitive development, future research might explore interventions — and their effects — longitudinally. Finally, because the majority of the studies we've reviewed has used self-reports, it's crucial to consider how these impacts translate to real behaviors. These and other issues, in our opinion, are critical for integrating evolutionary ideas into mainstream environmental psychology.

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Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

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MC-CAMFT Members:

Your ad here can reach more than 130 MC-CAMFT members and over 30 local agencies and fellow CAMFT chapters
Contact Ross Farley @ rossfarleyiii@gmail.com,
or 831-313-4043 for details

Member Ads

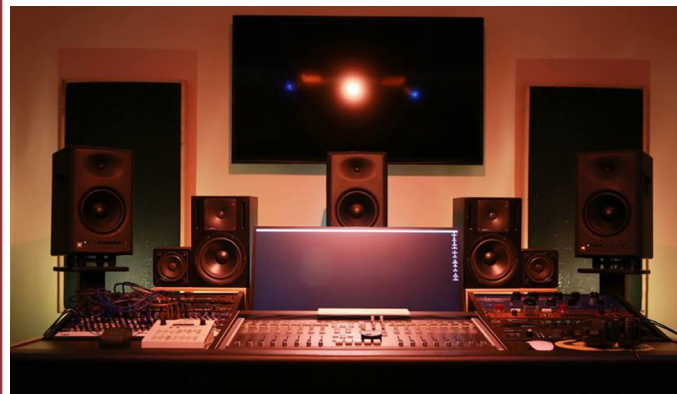
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Make sure our newsletter reflects your experience as a clinician in our chapter. Contribute to your newsletter through book reviews, opinions, CEU experience, events, clinical expertise, announcements, successes or other relevant information.

Contact Ross Farley III, LMFT, newsletter editor,
rossfarleyiii@gmail.com, 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	