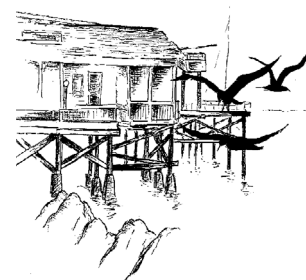




The Monterey County Chapter
California Association of Marriage and Family Therapists

May / June 2020 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

MAY : ONLINE C.E. SALON

Date/Time: May 30th, 2020 / 11:00am-2:00pm

Topic: Consensual Non-Monogamy

Presenter: Olivia Fae Stadler, LMFT

Cost: \$10 for members / Member of another local CAMFT chapter – \$15.00

JULY : ALL-DAY CONFERENCE

Date/Time: Saturday, July 11, 2020

Topic: The Call of Darkness: Managing Suicidality in Clinical Practice

Presenter: Dr. Lawrence Hedges, PhD.

Mandated course for LCSW, LMFT and PhD

Cost: Licensed MC-CAMFT Member – \$115.00, Allied Professionals – \$135.00, Member of another local CAMFT chapter – \$115.00, Pre-Licensed MC-CAMFT Member – \$95.00

SEPTEMBER : LUNCHEON PRESENTATION

Date/Time: Saturday, September 12, 2020

Topic: Treating Complex Developmental Trauma

Presenter: Martha Paradis, LCSW

Location: More info to come on the website

NOVEMBER : BREAKFAST PRESENTATION

Date/Time: Saturday, November 7, 2020-8:30 AM - 12 PM

Topic: Healing Wounds of Infidelity

Location: Hilton Garden Inn, Presidio Room, 1000

Aguajito Rd. Monterey, CA

Cost: Licensed MC-CAMFT Member – \$28.00

Licensed Non-Members & Guests – \$35.00

Member of another local CAMFT chapter – \$28.00

Pre-Licensed MC-CAMFT Member – \$20.00

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2020 MC-CAMFT Board Roster

2020 Board of Directors - Officers -

President:

Jennifer Farley
jennifer@shamanhealingmonterey.com

Past President:

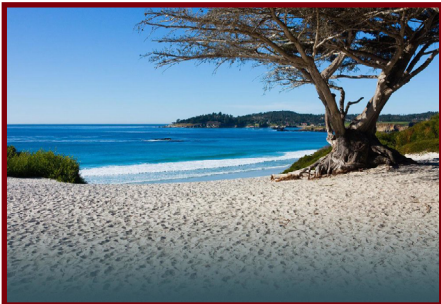
Kristine Jensen
jensentherapist@gmail.com

Treasurer:

Susan West
831-206-7639

Secretary:

Rochelle Hall
rochellehall.consult@gmail.com



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through the Monterey Chapter
CAMFT Facebook page.

SAFER STRONGER TOGETHER

2020 - Committee Chairs -

Continuing Education: OPEN

Membership Chair: OPEN

Public Relations: OPEN

Programs Chair: OPEN

Pre-Licensed Chair: OPEN

Disaster Response:

Carmen Martin, LMFT
lovehealing@me.com

Legislative & Ethics Chair:

Michael Newman

Mentorship Chair:

Pat McDermott, LMFT
patmcdermft@comcast.net

Newsletter Editor:

Ross E. Farley III
ross@shinealight.info

Programs Chair:

Judy Masliyah
jmasliyah@hotmail.com

Hospitality Chair:

Olivia Fae Stadler, LMFT
olivia.stadler@yahoo.com

Jennifer Farley



2020 Board President

PRESIDENT'S MESSAGE

I hope that everyone is staying well and sheltering in place with as much ease as possible. As clinicians, we are in a particularly unique situation in which our clients are looking to us for guidance and support navigating the stressors activated by the pandemic, while we are simultaneously experiencing our own reactions. It is a realm beyond countertransference!

My hope is that MC-CAMFT can be a resource for you to continue to feel connected to each other. We need each others' support now more than ever in order to be the most effective guide for our clients. In that effort, MC-CAMFT hosted our first Staying Connected Salon earlier in April, and it was really lovely to hear from people and relate to common experiences that are unique to our profession. People offered great ideas, questions, resources and... well... conversation! Please be on the look out for future Staying Connected salons if this sounds appealing to you. Additionally, I want to remind everyone that subscribing to the Announcements/Professional Forum on the website is another great way to be connected to Chapter Members, so please do so if you haven't already.

I am also committed to ensuring that MC-CAMFT continues to be a resource for your continuing education, so we are going virtual! Our first on-line salon will take place at the end of May facilitated by our new Hospitality Chair, Olivia Fae Stadler. We are also preparing to host our all day July workshop virtually depending on what circumstances dictate as the event draws closer. Furthermore, as the exciting line up of programs for this year is solidified, we will continue to assess what is needed for each of these planned events, and strive to offer things virtually whenever possible as long as gathering in person is not realistic.

As I mentioned above, we have a new Hospitality Chair. I am happy to welcome Olivia Fae Stadler to the MC-CAMFT board. Olivia brings great energy and fresh perspective to the board. Please plan on attending her salon to get to know her and her work!

Personally, I have been experiencing immense amounts of gratitude for the circumstances I am in during this pandemic. In the mix, I often find myself experiencing immense gratitude that I get to continue doing this work. It feels like a real privilege to be able to continue working at all, but beyond that, it also feels like a really important time to be able to show up as a support in helping people continue to process, cope, heal and evolve. I feel grateful that I can do this, and I feel grateful to be connected to a community committed to showing up for others in this way.

Take care everyone!

Sending wellness, ease... and some levity for good measure,

Jennifer Farley

Chapter Events & News

May 30th, 2020 - Member Salon with Olivia Fae Stadler, LMFT



Consensual Non-Monogamy:

Understanding & Supporting Clients In Alternative Relationship Structures

Olivia Fae Stadler is a Licensed Marriage and Family Therapist practicing in Pacific Grove, CA. In her private practice, she specializes in relationships, sexuality, and trauma. Olivia earned her Masters in Counseling Psychology from the CA Institute of Integral Studies in San Francisco. She has aggressively continued to deepen her knowledge in the field of psychotherapy with over 700 hours of continuing education. As an active member of Bay Area Open Minds, she keeps the pulse on current best practices regarding gender and sexual expression.

In this workshop participants will become better equipped to serve populations practicing consensual non-monogamy (CNM). We will gain a basic understanding of CNM, be able to communicate using current vernacular, debunk common misconceptions, recognize when CNM is being practiced in an unhealthy versus healthy way, become prepared to address common themes in treatment, and learn helpful interventions.

At the end of the program, participants will be able to:

1. Know how to use current terminology by defining at least 5 relevant terms
2. Identify 5 misconceptions about CNM
3. Explain 3 situations where CNM is inappropriate or likely to fail
4. Name at least 5 common themes that come up in treatment

June, 2020 - Day and Time : TBD

Staying Connected Salon

Just because we can't gather in person, doesn't mean we can't stay connected! At this Zoom gathering, we will create space for you to check in, share what's been coming up for you personally and professionally, ask questions, and perhaps even do a bit of self care! Bring snacks, drinks and even pets to this virtual gathering with your colleagues!

Save-the Date: More details coming to the website soon!

*Due to the nature of this event, continuing education units will not be offered.

Chapter Events & News Cont'd

July 11th, 2020 - All-Day Conference



The Call of Darkness: Managing Suicidality in Clinical Practice

This intermediate to advanced course for mental health professionals begins with the awareness that our ability to predict suicide is little better than chance and that at present there are no consistently reliable empirically validated treatment techniques to prevent suicide. However, Dr. Hedges will demonstrate that in the past three decades much has been learned about the dynamics of suicide and many promising treatment approaches have been advanced that are slowly yielding clinical as well as empirical results.

Dr. Hedges will present the groundbreaking work on suicidality of Freud, Jung, Menninger and Shneidman as well as the more recent work of Linehan, Kernberg, Joiner and the attachment theorists along with the features in common that these treatment approaches seem to share. He will put forth a Relational Listening approach regarding the origins of suicidality in a relational/developmental context and will consider their implications for treating, and managing suicidality.

Specific learning objectives include the following:

- Define what is meant by “psychache”.
- Describe Joiner’s interpersonal approach to understanding and managing suicide.
- State why reliable suicide research has not been possible.
- Explain the difference between “mourning” and “melancholia”.
- Explain how a “split in the ego” can lead to suicidality.
- State how the attachment-abandonment dynamic can lead to instrumental suicidality.
- State how the connection-withdrawal dynamic can lead to lethal suicidality.
- Explain what can be learned in a “suicide autopsy”.
- Define what is meant by “telescoped memory”.
- Discuss why so many creative and famous people suicide at the peak of their careers.
- Explain why suicide is thought to be always dyadic despite the appearance of isolation and loneliness.
- Define “suicidal career”
- State the difference between “a cry for help” and “a cry of pain”.

About Dr. Lawrence Hedges:

Lawrence Hedges, Ph.D., Psy.D., ABPP., began seeing patients in 1966 and completed his training in child psychoanalysis in 1973. Since that time his primary occupation has been training and supervising psychoanalysts and psychotherapists individually and in groups on their most difficult cases. He was the Founding Director of the Newport Psychoanalytic Institute in 1983 where he continues to serve as supervising and training analyst. Throughout his career Dr. Hedges has provided continuing education courses for psychotherapists throughout the United States and abroad. He has consulted or served as expert witness on more than 400 complaints against psychotherapists in 20 states and has published 19 books on various topics of interest to psychoanalysts and psychoanalytic psychotherapists, three of which have received the Gradiva award. During the 1909 centennial celebrations of The International Psychoanalytic Association his 1992 book, *Interpreting the Countertransference*, was named one of the key contributions in the relational track during the first century of psychoanalysis. In 2015, Dr. Hedges was distinguished by being awarded honorary membership in the American Psychoanalytic Association for his many contributions to psychoanalysis.

IMPORTANT NOTE: No matter what, this event is happening! This workshop is currently planned to be held in person. However, we are also prepared to host this event virtually if necessary. By registering for this workshop, you are expressing willingness to be in attendance in whichever format is dictated by current circumstances- in person or virtual. We have priced this event at a rate that takes into account the possibility of having an online experience versus an in-person experience.

Chapter Events & News Cont'd...

September 12th, 2020 - Luncheon Presentation

Treating Complex Developmental Trauma with Martha Paradis, LCSW

-More information coming to the MC-CAMFT website soon...stay tuned!

November 7th, 2020 - Breakfast Presentation with Dr. Talal H. Alsaleem



Introduction to Systemic Affair Recovery Therapy

Working with couples in crisis can be overwhelming for new as well as seasoned clinicians, especially when it comes to working with clients struggling with infidelity who are often in extreme emotional distress and feeling lost and hopeless about the future of their relationship. Giving counselors effective tools to deal with the trauma of infidelity will make them feel empowered, energized, and confident in their ability to help guide their clients during such difficult times.

Completing this workshop will expand your understanding of the process of healing and introduce you to the clinical tools you need to help your clients recover from the trauma of infidelity. The knowledge base you will gain from this workshop as well as the clinical interventions you will learn are based on extensive clinical work with couples dealing with infidelity.

Specific learning objectives include the following:

Participants will be able to describe four core principles of infidelity counseling.

Participants will be able to list the seven milestones of healing from infidelity.

Participants will be able to identify three clinical treatment challenges of infidelity counseling.

Participants will be able to list three limitations of the current treatment methods for infidelity counseling.

About Dr. Talal H. Alsaleem

Award-winning marriage counselor and researcher, Dr. Talal H. Alsaleem is recognized as a leading expert in the field of infidelity counseling. He is the author of the acclaimed book, *Infidelity: The Best Worst Thing that Could Happen to Your Marriage*, and the founder of the Infidelity Counseling Center. His research interests and clinical work are focused on identifying the causes of infidelity and providing the best treatment for recovery from its impact. He developed Systemic Affair Recovery Therapy (SART)™, a method of infidelity counseling that has helped hundreds of couples navigate the challenges of the healing journey from affairs. Dr. Alsaleem is an international lecturer and speaker. His engaging talks have helped many counselors broaden their understanding of infidelity and gain the necessary clinical tools to help their clients recover from affairs. Learn more at TalalAlsaleem.com.

Couple's Corner

Bi-monthly musings by

Cristin DeVine, certified Imago Relationship Therapist

Love is a Devotional Practice

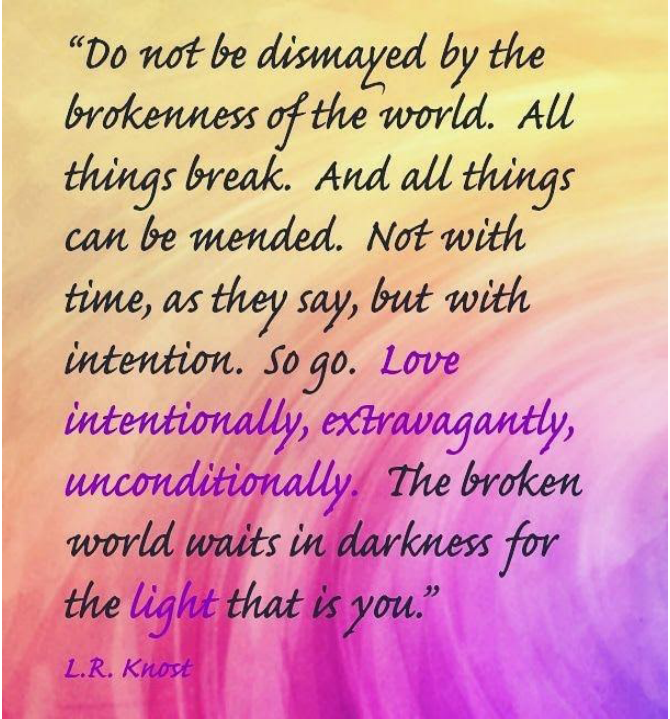
After reading about the rising divorce rate in China subsequent to their Shelter in Place response to the pandemic, I became quite curious about how our own Shelter in Place order would impact couples and their families. In my work with couples over the last few weeks, the prominent theme and conflict has been around interdependency. People are having to accept the degree to which the health and well-being of one person directly impacts the health and well-being of another. This isn't news, of course, yet many people prefer to keep the illusion of control, self-sufficiency, and independence over the truth of their interdependency. Most people living in urban areas at this time are suddenly facing the fact that they are neither self-sufficient nor independent.

When families are forced to stay home and work together, the imperative shifts toward "team we" instead of "team me." As an individualistic culture, we have been focused on individual goals and needs. Suddenly, we are being forced to look at the good of our whole family, community, country, and planet. This is more of a collective orientation. So how does this impact couples? We are reminded that the nature of choosing to be in relationship (rather than being alone) implies a devotion to the life and well-being of another. The couples who are doing well during at this time are the couples who are able to set their own needs (as well as addictions, compulsion, etc.) aside and show up for each other in a safe and loving way. We don't just fall in love and stay in love. We activate the energy of love on a daily basis by loving well. Couples are having to make big decisions around what safety means for them and how to act in ways that promote safety and security for each other and their families.

Harmonious relationships are relationships in which people are able to participate in, and navigate the needs of, "team we" over "team me." The individual is paying less attention to what she or he wants in any given moment and more attention to what is being asked for in the collective. Love is a devotional practice, and we can inspire our clients to act with tremendous devotion at this time. Anxiety and fear of scarcity can be met with grounded and abundant acts of love. Love is often in the small things – setting out daily vitamins for your beloved, reheating their cup of tea, holding them tightly and reminding them that you've got their back, restocking the food essentials, and expressing in every way you can, "no matter what, we're in it together. You are my priority."

Change for the world begins with change in the home. When we develop a loving relationship for the good of the whole – where everybody wins – we can begin to widen our circle of healthy, interdependent, equal relationships in the larger world.

Now is time to love well, and in loving and tending others well you may find that you are truly loving yourself well. Let's change our model from win/lose to win/win, one relationship at a time.



"Do not be dismayed by the brokenness of the world. All things break. And all things can be mended. Not with time, as they say, but with intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you."

L.R. Knost

How will people react to the new financial crisis?

Posted on April 6th, 2020

by Stephanie Pappas

Psychological research on past financial disasters may offer guidance on how people will respond to the sudden economic calamity caused by the coronavirus pandemic.

The COVID-19 crisis has shuttered businesses and led to massive numbers of layoffs nearly overnight. As of April 2, Americans filed a record-breaking 6.6 million unemployment claims in one week, according to the Department of Labor (PDF, 743KB)

The U.S. Federal Reserve estimated that 47 million people might lose their jobs in the second quarter of 2020, translating to a 32.1% unemployment rate. That would far overshoot the peak unemployment rate of the Great Recession (10% in October 2009, according to the Bureau of Labor Statistics) and even of the Great Depression (24.9% in 1933).

Despite differences between this economic crisis and previous recessions, psychological research can provide some insight into the behavioral and mental health impacts of financial loss. Key findings include:

Mental health impacts can be long-lasting

An analysis of mental health data from the national, longitudinal Midlife in the United States (MIDUS) study found an overall population trend for improved mental health after the Great Recession compared with before (Forbes & Krueger, *Clinical Psychological Science*, Vol. 7, No. 5, 2019). But this broad trend disguised inequities: Those who experienced personal hardships during the recession—whether financial, housing-related or job-related—showed an increase in panic attacks, excessive worry, depression and problematic substance use. These mental health affects persisted into 2013, well into the economic recovery.

“The COVID-19 pandemic is having rapid effects on the economy, with indications that we are entering another global recession,” says Miriam Forbes, PhD, a senior research fellow in psychology at the Center for Emotional Health at Macquarie University, who co-authored the research. “Many people are losing their jobs, experiencing financial strain and housing insecurity in the current climate.

Our research suggests that all of these experiences increase risk for long-lasting declines in mental health, which can compound and prolong the economic costs of a recession through lost productivity and health-care utilization.”

Those mental health impacts will be uneven

Another look at MIDUS data comparing the mid-1990s to the post-Recession years of 2011 to 2014 revealed that mental health, like physical health, declined along socioeconomic lines (Goldman et al., *PNAS*, Vol. 155, No. 28, 2018). The study focused on non-Latino whites, a group of interest due to an increasing rate of suicides, drug overdoses and other so-called “deaths of despair.”

The study found that that white Americans in the 75th percentile or above in socioeconomic status showed almost no declines, and even some modest improvements, in mental health measures such as life satisfaction, well-being, positive and negative affect, and major depression. The lower a person’s socioeconomic status, the more likely a drop in mental health. Those in the 10th percentile, for example, saw the greatest increases in negative affect, and the greatest declines in positive affect and life satisfaction, as well as in psychological well-being.

Health inequalities may deepen

In other research using MIDUS data, the Great Recession was shown to widen the health gap between the haves and have-nots. When comparing adults from timepoints before (1995 to 1996) and after (2011 to 2014) the recession, psychologist Carol Ryff, PhD, and colleagues found poorer outcomes in general health, chronic conditions, body mass index, functional limitations and physical health symptoms for the population as a whole, despite population-wide gains in educational attainment post-recession (Kirsch et al., *American Psychologist*, Vol. 74, No. 7, 2019).

As with mental health, the data also showed that the hardships of the Great Recession were disproportionately borne by those with lower educational status.

“These big national shocks hit the disadvantaged segment of society the hardest,” Ryff said.

(cont’d on pg. 9)

Unemployment and suicide are linked, especially for men

A population-level study of suicide in 54 countries before and after the Great Recession found that there were 4,884 more suicides in 2009 than what would have been expected based on trends between 2000 and 2007, prior to the economic crisis. (Around 800,000 people die by suicide each year, according to the World Health Organization.) European and North and South American countries were particular drivers of the trend, as were men. In the 27 European countries studied, the suicide rate for men increased by 4.2%, while there was no increase for women. In the 18 countries in the Americas included in the analysis, suicide rates for men increased by 6.4%, compared with 2.3% for women (The British Medical Journal, Vol. 347, 2013).

The study found correlations between suicide and unemployment in men, especially in countries that had relatively low unemployment before the Great Recession.

“The rise in the number of suicides is only a small part of the emotional distress caused by the economic downturn,” the authors, led by University of Bristol epidemiologist David Gunnell, wrote in the conclusions of the paper. “Non-fatal suicide attempts could be 40

Purpose in life may combat financial miseries

Combating the mental-health effects of a pandemic-induced financial crisis is no minor challenge. But the psychological literature does indicate sources of resilience. For example, eudaimonic well-being (which encompasses purposeful life engagement and personal growth) is a protective buffer against elevated levels of inflammation among those with low educational attainment, Ryff and her colleagues have found (Health Psychology, Vol. 29, No. 6, 2010). The coronavirus crisis, paradoxically, may be an opportunity to find new sources of meaning, Ryff said. “It’s going to be incredibly important to follow profiles of social responsibility through this experience,” Ryff says.

This article was taken from the American Psychological Association website: www.apa.org

Newsletter Flyers...

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

HOMEPLACE Family of Programs

~MBMS, pgs.10-11

Member Ads

MC-CAMFT Members:

Your ad here can reach more than 130 MC-CAMFT members and over 30 local agencies and fellow CAMFT chapters
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Celebrating the
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April 2020— April 2021



An offering from Monterey Bay Meditation Studio



HomePlace

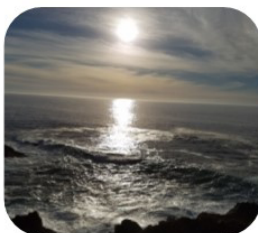
Family of Programs

inform • interconnect • inspire



Building Community

- Monthly meetings with people who share your passion for the living Earth
- Mindful meditation, relational activities, and conversations to cultivate a deeper connection with ourselves and the planet
- Subscription-based, visit website for details



Storytelling Sessions

- Monthly gatherings to hear up-close-and-personal experiences of local naturalists, scientists, artists, and individuals
- Stories of discovery, challenge, and inspiration
- Free and open to the public



Experiential Excursions

- Monthly outings that take storytelling sessions "into the field"
- Environmental education that comes alive through mindful relationship, nature meditation, and creativity
- Limited availability, fees vary, visit website for details



Service & Special Events

- Planting with Return of the Natives
- Art Show and Reception at Venture Gallery
- Nature Meditation Retreats
- Free and fee based, visit website for details

Connect

831-373-1017

marianne@montereymeditation.com

<http://www.homeplacemonterey.com>

We invite you to come home to where you are...



MC-CAMFT
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CA 93942
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, newsletter editor,
ross@shinealight.info, 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 or PDF 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 (*February/March/April, May/June, July/August, September/October, November/December). Deadline to contribute articles and advertisements is the 15th of the month preceding the publication.

*2020 Newsletter schedule adjusted

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 Members:

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

MC-CAMFT is pleased to acknowledge the service of its PAST PRESIDENTS

1989 Jane Ellerbe	2003 Lois Panziera
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1993 Katherine Weller	2007 Brenda Lang
1994 Jerian Crosby	2008 Abby Bukofzer
1995 Janis "JC" Clark	2009 Eileen Nazzaro
1996 Steve Weiner	2010 Elizabeth Ramirez
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	