

The Monterey County Chapter
California Association of Marriage and Family Therapists

September / October 2023 Newsletter



Benefits to MC-CAMFT Membership:

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

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

LUNCH & CE EVENT

*Event: **Playing With Possibilities: Narrative Approaches to Generating Questions & Counter-Story Inquiries***
*Presenter: **Chad Dispenza, MA, MS & Brian Wainwright, MS, LMFT***

*Date/Time: **Sept. 10th, 2023 / 10:00 am-2:00 pm***

*Location: **Outdoors at a private residence, Monterey***

More Info: <https://mccamft.org/event-5389535>

LUNCHEON & CE EVENT

*Event: **Working with Neurodivergent Clients and Persons on the Autism Spectrum***

*Presenter: **Tricia Lara, LMFT***

*Date/Time: **Oct. 6th, 2023 / 11:30 am-2:30 pm***

*Location: **Hilton Garden Inn, 1000 Aguajito Road Monterey, CA 93940, Vista Del Mar Room***

More Info: <https://mccamft.org/event-5379207>

CAMFT ZOOM WEBINAR CE EVENT

*Event: **CAMFT Webinar: Recordkeeping & Working With Clients In the Legal System***

*Date/Time: **Oct. 27th / 9:00 am - 4:15 pm***

*Location: **Online***

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2023 MC-CAMFT Board Roster

2023 Board of Directors - Officers -

President:

Amy Snyder, LMFT
amy@heartsinline.com

Past President:

Jennifer Farley, LPCC
info@jennifer-farley.com

Treasurer:

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

Secretary:

Stephen Zubach, LMFT
szubcic@yahoo.com



2023 - Committee Chairs -

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Michael Newman

Mentorship Chair:

Pat McDermott, LMFT
patmcdermft@comcast.net

Newsletter Editor:

Ross E. Farley III, LMFT
rossfarleyiii@gmail.com

Pre-Licensed 3,000 Hr. Club Chair

Catherine Rodriguez, LMFT
r2crml@sbcglobal.net

Continuing Education (Co) Chairs:

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allison.anthony.lcsw@gmail.com
&

Elizabeth Chamberlain, LMFT
echamberlainmft@gmail.com

Programs (Co) Chair:

Susan West, LMFT
Susanwest.lmft@gmail.com

Membership Chair: OPEN

Public Relations Chair: OPEN

Disaster Response Chair: OPEN

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through the Monterey Chapter
CAMFT Facebook page.

Amy Snyder



2023 Board President

Hello esteemed MCCAMFT members,

During the summer months, our fearless leaders have been brainstorming, gathering feedback, and charting the course for our chapter's future. Now, with enthusiasm, we are geared up to charge ahead through the rest of the year and beyond.

A huge thanks to those of you who already shared your feedback by filling out the "Planning for 2024" survey. Your input fuels the heart of our chapter, and we are here to champion your voices and ideas. If you haven't had the chance to complete the survey yet, no worries! You can still share your thoughts [HERE](#).

Our fall speaker season is opening up with a bang on September 10th with Part Two of our Narrative Therapy Salon presented by Chad Dispenza, MA, MS & Brian Wainwright, MS, LMFT. We are happy to have the two of them back to share their knowledge and offer their hospitality. Space is limited, so please don't hesitate to register. We will then invite our long time member, Tricia Lara, LMFT, to share her expertise on Autism, ADHD and Mental health at our first luncheon of the year on October 6th. We will be back at our old stomping ground, the Hilton Garden Inn, as they reopen their doors after a long renovation. On October 27th, we will be back on Zoom for our annual Law & Ethics webinar so you all can fill up on the required L&E CEs. The all day virtual workshop will include 6 CEs and will be open for registration very soon.

Now, here's your chance to shine! We are on the lookout for members who want to hone their leadership skills while serving our chapters needs. There are many opportunities to contribute to the chapter including stepping into a role on our Board of Directors. Open positions include President-Elect, Treasurer Elect, Secretary, Hospitality Chair, and Pre-licensed 3,000 hour Club chair. If you're poised to embrace a leadership role and provide fresh perspectives, this is your moment. The perks of joining our Board of Directors are as follows..

Exclusive invite to the annual CAMFT Leadership conference (check it out [HERE](#))

- A chance to collaborate closely with a team of dedicated professionals*
- A Platform to showcase your skills, creativity, and innovative spirit*
- Opportunity to hone your communication and leadership skills*
- Free MC-CAMFT Membership & 1 FREE Annual C.E. Event*
- Invitation to our annual Board Appreciation Gathering when we have a chance to hang out and reflect on our efforts.*

Nominate a trailblazer or step forward yourself by reaching out to us at mccamftf@gmail.com

Lastly, a heartfelt shout out to each one of you, our members of MCCAMFT, for helping us revive and lift up the chapter after a near dissolution at the end of last year. The chapter is worth fighting for, and remains a valued entity in the Monterey Bay Area. We Love MCCAMFT!

Sincerely,

Amy Snyder, LMFT

Upcoming Events

Sunday September 10th, 2023 / 10:00am - 2:00pm

Playing With Possibilities: Narrative Approaches to Generating Questions & Counter-Story Inquiries

Chad Dispenza, MA, MS



Chad Dispenza, MA, MS, is new-ish to the Monterey Peninsula after residing nearly a decade in Southern California where he received his Master of Arts in Clinical Psychology from Antioch University Los Angeles. A native of Upstate New York, Chad also holds a Master of Science in Creativity & Change Leadership from the Center for Applied Imagination at SUNY Buffalo State University along with additional recent certificate coursework around his interests in digital wellbeing from The Digital Wellness Institute as well as MIT.

Chad continues to engage in ongoing narrative training through the Re-Authoring Teaching Collaboratory, a global consortium of narrative practitioners who promote ongoing training and professional development in a narrative approach to therapy, organizational, and community work.

Brian Wainwright, MS, LMFT



Working from a Narrative frame has allowed me to sit with my clients in a way that keeps me aligned with my personal values and heart for the work. I've participated in over 250 hours of Narrative Therapy training, workshops, and conferences, facilitated consultation groups, and have had the honor of being mentored by David Epston and his contemporaries. I've spent over 14,500 hours sitting alongside people hoping against hope and reaching for hope. My clinical experience has taken me from working in the LGBTQ+ community, Outpatient Clinics, Juvenile Justice, and Homeless Veterans. In every instance, Narrative therapy has assisted me in connecting with, co-baring, and learning what's possible in the lives of those I meet with. And in every instance, I find myself reminded of the power of the innovation people are capable of when given the opportunity to witness their personal geniuses, competencies, and self-invention.

Schedule:

9:45 am Arrive, Sign-in, Mingle
10:00 - 11:45 am Workshop
11:45 am - 12:30 pm Lunch Break
12:20 - 2:00 pm Workshop

3 CEs and lunch are included in the registration cost for this presentation

Description:

This is an introductory workshop for therapists who are interested in narrative therapy and narrative ideas who would like to enrich their practice with the power of story. In this workshop, participants will gain a basic understanding of narrative therapy and practices which may enhance clinical skills, including:

- Identifying stories in the therapeutic context.
- Separating people from problems.
- How narrative conversations open up therapeutic space and possibilities.
- Additional emphasis for this specific half-day workshop will introduce:

- *Entry points for narrative inquiry, including generating questions that foster counter-story development.
- *The deconstruction of social discourses, negotiating meaning, and de-centering 'expert knowledge.'
- *Recognizing distinctions between this approach vs. others (ex: diagnostic assessment, teaching skills, etc.)
- *Centering client knowledge as foundational to constructing possibilities.
- *Consulting with our clients on pathways forward for their lives

Learning Objectives:

At the end of this workshop, participants will be able to:

1. Engage in externalizing language when discussing client-centered problem(s). Example: A shift from adjectives (ex: "depressed", describing the client) to nouns ("depression", naming the problem as separate from the client).
2. Identify points of entry for narrative inquiry in clinical work (conversations with clients).
3. Generate questions that support counter-story development in the therapeutic context.
4. Explain at least two (2) benefits of centering 'client knowledge' / de-centering 'expert knowledge.'

****THIS IS A LIMITED SPACE EVENT...SO PLEASE DON'T MISS OUT ON THIS ONE!***
FOR COMPLETE INFORMATION & PRICES, PLEASE VISIT <https://mccamft.org/event-5389535>

Upcoming Events

Friday October 6th, 2023 / 11:30am - 2:30pm



Tricia Lara, LMFT - Working with Neurodivergent Clients and Persons on the Autism Spectrum

Tricia Lara is a Licensed Marriage and Family Therapist with over 25 years experience working with individuals with developmental, executive functioning and Autism Spectrum diagnoses. In clinical, administrative, and educational roles Tricia has designed clinical programs and created interventions to effectively reduce mental health symptoms in clients with these diagnoses. Since 2017, Tricia has been the director of Connections Family and Behavioral Services, a mental health practice with offices throughout Monterey County that supports the mental health needs of this population in our community. She trains and leads a team of 10 clinicians and 4 clinical interventionists.

Description:

Tricia Lara, LMFT, specialist in the diagnosis and treatment of autism spectrum disorder (ASD), Attention-Deficit Hyperactivity Disorder (ADHD), and other conditions that impact executive functioning, will provide information that enhances therapists' understanding and effectiveness with these populations. People with these conditions have unique needs and distinctive struggles in day-to-day life and in mental health treatment. Therapists will gain a basic understanding of new research and changes in the conceptualization of ASD and ADHD in recent years, and learn new skills to work with these groups.

Measurable Learning Objectives:

Therapists will be able to:

- Describe core traits of Autism and ADHD
- Explain why non-cisgendered Caucasian male diagnoses are increasing
- Describe what types of approaches and interventions are most likely to be effective
- Discuss factors in historical mis-diagnoses, co-occurring diagnoses and profiles, and differentiation of developmental traits vs mental health traits.

Presenter Bio:

Tricia Lara is a Licensed Marriage and Family Therapist with over 25 years experience working with individuals with developmental, executive functioning and Autism Spectrum diagnoses. In clinical, administrative, and educational roles Tricia has designed clinical programs and created interventions to effectively reduce mental health symptoms in clients with these diagnoses. Since 2017, Tricia has been the director of Connections Family and Behavioral Services, a mental health practice with offices throughout Monterey County that supports the mental health needs of this population in our community. She trains and leads a team of 10 clinicians and 4 clinical interventionists.

2 CEs and lunch are included in the registration cost for this presentation

COST:

Licensed MC-CAMFT Members: \$35

Pre-Licensed MC-CAMFT Members: \$25

Non-Members and Guests: \$48

FOR GENERAL INFORMATION, SPECIAL NEEDS, ADA ACCOMMODATION OR GRIEVANCES:

Please contact Kate Newhouse at katherinemnewhouse@gmail.com

CE CERTIFICATES

Please Note: Certificates of completion will be awarded at the completion of the workshop to those who attend the workshop in its entirety, sign in and out, and complete the course evaluation form. MC-CAMFT is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs and maintains responsibility for this program and its content. Provider# 050097.

Information on Continuing Education Credit for Health Professionals

The California Board of Behavioral Sciences accepts CE credits for LCSW, LPCC, LEP, and LMFT license renewal for programs offered by approved sponsors of CE by the American Psychological Association.

LCSW, LPCC, LEP, and LMFTs, and other mental health professionals from states other than California need to check with their state licensing board as to whether or not they accept programs offered by approved sponsors of CE by the American Psychological Association.

For questions about enrolling in CE or receiving your Certificate of Attendance, email mccamft@gmail.com

REFUND/CANCELLATION POLICY:

You may cancel for a full refund up to 15 days in advance of the event, or a 50% refund between 5 and 14 days in advance of the event. No refunds for cancellations within 4 days of the event or for no-shows or failure to attend due to emergencies. Unused funds cannot be applied to future workshops. All requests for refunds must be submitted by email at mccamft@gmail.com.

Upcoming Events

Friday October 27th, 2023 / 9:00am - 4:15pm

State CAMFT presents an All-Day Zoom Presentation on Law & Ethics with multiple presenters:



Sara Jasper, Esq. - CAMFT Staff Attorney

During this three-hour workshop CAMFT Staff Attorney, Sara Jasper, will review the basic legal and ethical requirements for recordkeeping. She will also identify additional requirements for providers who practice via telehealth and/or are contracted with a managed care network. Finally, Ms. Jasper will discuss the need for communicating with patients about record keeping standards and practices throughout the course of treatment and why having a clear, sound and sustainable approach to record-keeping is therefore essential.



Michael Griffin, Esq., LCSW - CAMFT Staff Attorney

This 1.5 - hour workshop will provide an overview of legal and ethical issues which commonly arise when working with clients who are involved in the legal system. The workshop will discuss the importance of clearly defining the therapist's role and client expectations at the start of treatment, including expectations concerning the therapist's possible participation in the client's legal matter. Issues such as letter writing, offering one's opinion to the court, and the therapist's responsibility to the legal system, as expressed in the Code of Ethics, will also be considered. Vignette examples will be utilized, as time allows.



Alain Montgomery, Esq. - CAMFT Staff Attorney

Therapists are often asked to write letters, fill out forms and offer professional opinions on behalf of clients. During this three hour presentation, CAMFT Staff Attorney Alain Montgomery will review key legal and ethical standards for therapists to consider before writing a letter or filling out a form for a client and discuss how to manage the potential outcome of having to respond to a subpoena and/or testify as a witness in a legal proceeding which could result from having rendered a professional opinion on behalf of a client.

Member Spotlight

Martin Skerritt, LCSW



Hi! I am Martin Skerritt, a licensed clinical social worker with over 30 years of experience. After many years with CHOMP's Behavioral Health Services, I am excited to announce I have taken the deep plunge into opening my private practice! I am accepting new clients, available for in-office as well as online sessions. My office is centrally located in Monterey.

After growing up here on the Peninsula, I lived, worked, and studied in San Francisco; earning a BA in psychology & an MSW at San Francisco State. My earliest training included counseling Holocaust survivors in a care facility, at SF Suicide Prevention, and then managing a community center in the Tenderloin.

These opportunities helped cement a core in how I approach my work: to encourage the sacred story, help to identify strategies to build resiliency, and identify choices that may yield an easier outcomes, face the challenges with needed support. It is an honor to guide in that journey.

Like many of us, I am trained to work with those struggling with mood or anxiety disorders, relationship issues, and past traumas. I have vast experience in helping around the myriad of concerns that lead clients into therapy. I have special interests in aging, grief & loss, trauma recovery, compassion fatigue and caregiver stress. I facilitate a family support group for those struggling with Alzheimer's and related disorders.

In my practice, I welcome adults through the age spectrum, always using strength-based interventions, and offer great care and dignity. Trained in CBT, Mindfulness, Motivational Interviewing, and grief techniques, among others, I am honored to do this sacred work. I so look forward to making your acquaintance. Thanks!

martinskerrittlcsw.com

Couples Corner

offered by EFT trained therapist Amy Somers

A common question we get with our couples is: “How do I stay calm when my partner is angry and yelling at me?”

Great question, super challenging, even advanced placement level! It is easy to feel attacked in this situation then armor up accordingly, for some serious defense. If we are in attunement with our partner most of the time, it even feels like an invitation to join them in war-like fury. I am sure you have been there, it ends up, well, let’s just say it never works. So, there is that. Knowing this never works in the favor of the Third, maybe we just ditch that option all together. But then what? Where do we go and what do we do (especially when it feels so good to charge up and yell back)? And how hard it is to stay calm in the face of torrential rage?

I offer breath as the appropriate response. I know, next to impossible, but hey, give it a try. If you want a different outcome, you must try different results, as they say. So, breathe. Belly breathe (only the belly, not the chest), balloon breathe (hold breath for two seconds and exhale as if deflating balloon), two to three breaths in through the nose, out through the mouth, or box breathing (breathe in, count to four, hold for four, exhale for four, repeat until centered). There are so many more, look them up and find one that works. So first, the breath, in the name of self-regulation. Control your own body, control your response.


After you slide back into your window of tolerance (pop quiz, who remembers this from an earlier column?), touch is one way to attempt to co-regulate your partner. I realize an activated partner may not want to be touched, so always get consent first, or at least announce the plan (“I’m going to touch your upper back gently.”). Touch soothes the nervous system and helps them find their way back into the window. If not a hug, then maybe a hand on their shoulder, or arm, or hold their hand in yours. Take it slowly. Make space for their big energy. If they do not want to be touched, you can still create space. This most likely didn’t happen with their original attachment. Watch what acceptance and validation bring to the table. Or to the floor, if you are standing up.

Validation feels good at this point, like a balm on the fire of their emotional state: “I hear you, this sounds hard,” “I see this is very upsetting,” “I want to hear what you have to say, could we please bring down the energy so I can connect with you and listen.” Hang in there, sometimes it takes me several tries with my partner before he is able to hear me.


We call him the bear when he is like this, I also imagine his younger self crying out. Anxious partners especially need lots of validation. I want to offer that it’s also okay to share how upsetting it is for you to get yelled at, if you can say it in a non-threatening way: “It’s hard to hear you when you yell and I feel unsafe, could we please bring down the energy so that I can hear what you’re saying because I know it’s important?” Yup, hard stuff, I get it. Uh huh, try it out and see.

I love the question “how can I support you?” It lets your partner know that you are willing to help, they are not in this alone, unlike when they were younger and learned to yell louder, shut down or whatever their attachment style dictated. “I’m here for you” also works well with my husband, sometimes this alone can break the spell of his attachment response. Sometimes I go even further and repeat over and over again “I hear you; I love you, I’m here for you, how can I support you?” Right, sometimes this takes some time (I think eight times might be my own personal record).

Julie Menanno, the secure relationship expert (I have spoken about her before, she has this amazing social media presence that helps explain and give suggestions that exemplify Sue Johnson’s Hold Me Tight work), adds that this is not the time to problem solve or have deeper discussions. Save that for later when you are both fully in your windows and in the Third.



Validation doesn't necessarily mean that you agree with someone's thoughts or behaviors, it means that you can recognize their feelings.



Is It September Already?

Personal Perspective: The summer that wasn't.

By Dayna Lee-Baggley Ph.D.

KEY POINTS

- Summer is usually a time to recharge, but it hasn't felt that way this year.*
- In September, the demands go up, but a return to routine offers us an opportunity for restoration.*
- Charging one's battery takes a lot less effort if it is already a routine part of the day.*

It seems to me that everyone I work with and in my personal life is struggling just a little more this week. Some are having flare-ups of existing health conditions, others are getting random illnesses, and some are crying more, arguing more, and missing deadlines. And it wasn't just them. I ended up in tears over something that "normally" wouldn't bother me.

If this isn't happening to you or those around you, awesome. But if it is, it appears that you are not alone. So what's going on?

Then I booked a meeting for next week and realized all the dates were in September. How did we get here already? When I realized it, I was suddenly filled with dread. Why?

For those with children, September represents the demands of the school year starting again. Even for those without children, summer vacation time is over, and work is about to become more demanding. Many projects slow down or go on holding patterns over the summer when staff are often away on vacation. So, September often represents a time for work to ramp up.

But this year, it also feels like we didn't really get a summer. It's been a disappointing summer, to say the least. My hometown experienced wildfires destroying over 100 homes and then flooding, which killed four people, including two children. Like many, my vacation was disrupted by weather (a heat wave and wildfires specifically). We're currently bracing for a hurricane. Even when it wasn't a climate crisis, the weather hasn't cooperated, and it was either too wet or too hot to do regular summertime activities. For many, smoke-filled skies prevented outdoor summer fun.

Most of us were feeling burnout before summer began. The numbers show it clearly. It's pervasive. But I think many of us were hoping that summer would allow us to recover and recharge.

Yet summer brought not just disappointments over the things we couldn't do (go outside) but a constant reminder of the new threats we must endure (climate crisis). So it's hardly surprising we don't feel recharged despite the end of summer.

So back to everyone struggling a bit more. My guess is the feeling of dread isn't just me. It's frankly a bit overwhelming to think about heading into another school year on low battery.

But there are aspects to the school year that we can use to our advantage. Compared to the summer, it's often easier to be on a routine during the school year. School starts and ends the same time each day. Activities are booked weekly at the same time each week.

We've discussed the importance of charging your battery. It takes a lot less effort to charge your battery if you put it on a routine. Going for a walk the same time of day, making the same thing for breakfast, adding lunchtime to your work calendar so it doesn't get taken up with meetings.

At the beginning of each school year, I stare at my calendar for hours, putting in all the activities and figuring out where to put my recharging activities. Of course, life happens, and the routine will be disrupted. But it gives me a fighting chance to keep my battery charged by making it an intentional part of my day.

So September is coming whether we want it to or not. Use it to your advantage to get some regular charging into your day and week. And be kind to yourself and others. Everyone is struggling.



Why Couples Therapy Is on the Rise Finding the right therapist.

by Rubin Khoddam Ph.D.

The Growing Significance of Couples Therapy

Couples therapy has undergone a remarkable transformation, emerging as a prominent and widely embraced form of therapy. In the past, it often played a secondary role in the realm of psychotherapy and counseling. It primarily involved adapting methods from individual or family therapy to address the unique dynamics of couples. Today, couples therapy has evolved into a distinct and highly regarded form of treatment with its own specialized approaches.

According to the largest international study of psychotherapists, a staggering 70 percent of psychotherapists now provide couples therapy as part of their practice (Orlinsky & Ronnestad, 2005). Expert psychotherapists also foresee significant growth in the field of couple therapy, with surveys indicating that it is poised to experience substantial expansion in the coming decade (Norcross et al., 2013).

This transformation is not a mere projection; it's a reality that has unfolded over the years. Several pivotal factors have contributed to the rise of couples therapy as a prominent therapeutic modality.

1. Addressing Widespread Couple Distress

One primary catalyst for the prominence of couples therapy is the pervasive prevalence of couple distress. In the United States, between 40 and 50 percent of first marriages ultimately end in divorce (Kreider & Ellis, 2011). This trend is mirrored globally, with divorce rates surging in numerous countries from the 1970s into the 21st century (Organization of Economic Cooperation and Development, 2011). Even in regions where divorce was once uncommon, it has now become an everyday occurrence (Doherty et al., 2021). Furthermore, even couples who manage to avoid divorce often find themselves navigating periods of significant turmoil within their relationships.

2. Impact on Emotional and Physical Well-Being

The second driving force behind the prominence of couples therapy is the recognition of the adverse effects of relationship distress on the emotional and physical well-being of adults and their children. Research conducted in the United States revealed that the most frequently cited causes of acute emotional distress are problems within couple relationships (Swindle et al., 2000). Partners entangled in troubled relationships are significantly more susceptible to mood disorders, anxiety disorders, and substance use disorders (McShall & Johnson, 2015). They are also more likely to experience a host of physical health problems (Waite & Gallagher, 2000). Additionally, couple distress has been found to have far-reaching consequences on children, including mental and physical health issues, poor academic performance, and various other concerns (Bernet et al., 2016).

3. Elevated Expectations for Relationship Quality

A third critical factor propelling couples therapy into prominence is the evolution of elevated expectations for relationship satisfaction. In the past, individuals often endured relational unhappiness as an unfortunate part of life. However, contemporary couples have higher aspirations for their relationships (Cherlin, 2009; Dowbiggin, 2014; Finkel, 2017). They view couples therapy as the means to achieve more fulfilling and healthier relationships, no longer willing to tolerate persistent dissatisfaction.

Couples therapy has risen to prominence as a result of its ability to address the widespread issue of couple distress, its recognition of the far-reaching impacts of relationship problems on emotional and physical well-being, and the evolving expectations for relationship fulfillment. As couples increasingly seek out therapy to enhance their relationships, the field of couples therapy continues to grow and evolve, offering hope and healing to countless couples worldwide.



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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 or visit
www.katiedutcher.com/design

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MC-CAMFT
P.O. Box 3092 Monterey,
CA 93942
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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, 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