



The Monterey County Chapter
California Association of Marriage and Family Therapists



November / December 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!

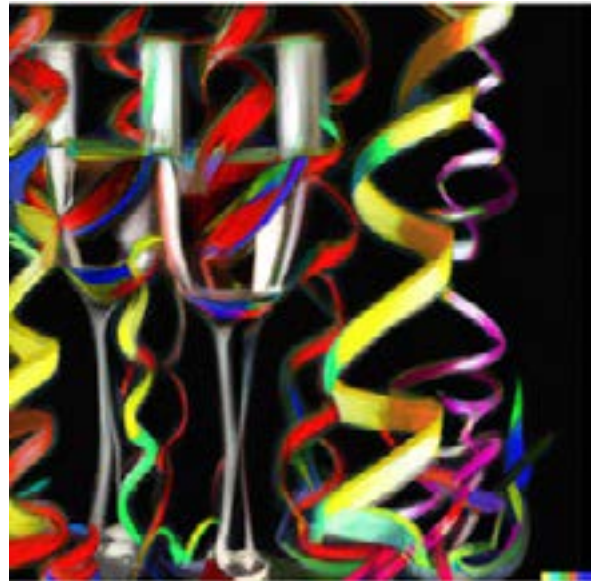
Benefits to MC-CAMFT Website:

- ◇ 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

HOLIDAY EVENT!

Event: MCCAMFT Annual Holiday Party
Date/Time: Friday December 1st, 7pm-10pm
Location: Tarpy’s Roadhouse
More Info: <https://mccamft.org/event-5477495>



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2023 MC-CAMFT Board Roster

2023 Board of Directors - Officers -

President:
Amy Snyder, LMFT
amy@heartsonline.com

Past President:
Jennifer Farley, LPCC
info@jennifer-farley.com

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

Secretary:
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szubcic@yahoo.com



2023 - Committee Chairs -

Legislative & Ethics Chair:
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
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Programs (Co) Chair:
Susan West, LMFT
Susanwest.lmft@gmail.com

Membership Chair: OPEN
Public Relations Chair: OPEN
Disaster Response Chair: OPEN
Hospitality Chair: OPEN



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Amy Snyder



2023 Board President

Dear Community,

As autumn paints its vibrant hues around us and the holiday season approaches, we sense the transformation into a familiar feeling of awe. It's a time of reflection and gratitude, and I'm excited to share the highlights of the past month with you.

I am thrilled to share the success of our October Luncheon at the Hilton Garden Inn, where we delved into the crucial topic of "Autism, ADHD, and Mental Health." Our own Tricia Lara led the charge with her engaging, knowledgeable, and delightful presentation. Tricia's expertise was delivered with a touch of humor that made the learning experience all the more enjoyable. The positive feedback from our members has been overwhelming, and we extend our sincere gratitude to Tricia for her valuable contribution.

In addition to our Luncheon, we also hosted a virtual Law & Ethics event, providing our members with essential insights into letter writing, records requests and working with clients in the legal system. The thoughtful presentations by CAMFT staff enriched our community's knowledge base, and we are grateful for the opportunity to continue growing and learning together.

Looking ahead, we are excited to announce our upcoming holiday party, "TherePalooza," which will take place on December 1st at Tarpy's Roadhouse. This festive event promises hearty appetizers, delightful drinks, and a raffle with exciting prizes. It's the perfect occasion for our community to come together, celebrate the season, and strengthen the bonds that unite us. The event has been posted to the website and is open for registration [HERE](#).

I'm pleased to introduce new board members joining us in 2024. Firstly, we have a nominee for President Elect, Barbara Morales-Rossi. Barbara arrived first at the Luncheon last month and immediately offered to step in and help with sign-in. Her initiative to take action and her welcoming spirit will be a valuable addition to our community. We will be sending out ballots for our executive position election in the next couple of weeks. We are also welcoming Michael Guichet, LMFT and Barbara "Blaze" Lazarony, AMFT to our team. Michael, with his unwavering enthusiasm and knack for networking, will be taking on the Programs Chair position. Blaze, with her passion for coaching and teaching, will be guiding our pre-licensed members as the 3000 Hour Club chair. We still have open board positions, including Hospitality Chair, Continuing Education Chair, and Membership Chair. Your involvement in these roles can significantly impact our community and its growth. And gosh do we have fun together!

Looking into the future, 2024 promises to be an exciting year. We have a lineup of programs that will explore Movement and Body-focused psychotherapy, the intricate landscape of Grief, and more, all designed to enhance your professional journey and enrich our collective knowledge.

Thank you for your dedication and contributions to our community. Wishing you a wonderful holiday season filled with warmth and joy.

Warm regards,

Amy Snyder, LMFT

Upcoming Events

Friday December 1st, 2023 - 7pm to 10pm

Thera-Palooza!

MCCAMFT Holiday Party

As we near the end of this incredible year, we are thrilled to announce an exciting celebration! We're rolling out the red carpet to welcome our cherished, long-time friends and colleagues while embracing the chance to connect with our new community members. We'll be sparking excitement with a raffle, where you could win some amazing therapy goodies! Join us for a night of letting loose.

Please join us for hearty appetizers, drinks, laughter and connection!

Members \$25 | Guests of Members \$20

Event Reflections - Psych Hike



"I had a fabulous time on Saturday! For many years it seemed most of our networking opportunities with fellow therapists were limited to a few brief minutes before and after structured training events. Having a non-structured chunk of time to be out in nature with colleagues, both new and known, and everything in between - without name tags - so much fun! Thank you for bringing this new activity into our chapter! Looking forward to more psych hikes!"

- Carmen Martin, LMFT and mccamft member

Member Spotlight

Kristina Anzell, LCSW



Hey! I am Kristina Anzell and I am an LCSW specializing in postpartum and maternal mental health and wellness. I also specialize in seeing couples with children. I decided that I wanted to specialize in postpartum mental health after having my son and realizing that postpartum mental health care is hard to find! I just recently declared it as a specialty, but it has been a long time coming. Starting out even in my grad program at USC (Go Trojans!), my internship was working with Transitional Age Youth who were moms living in a homeless shelter. I have worked in schools, for crisis teams, psych hospitals and at private agencies all working with mothers and families. I was also an ABA therapist in my gap year between undergrad and my grad program. In my personal life I have been babysitting since I was about 13 and was a full-time nanny while I took a break from agency work to study for my licensing exam, as well as being a tutor and a substitute teacher throughout grad school. Even with all of this time and experience around children, moms and families, I felt like I was woefully underprepared to be a mom. So, I set out to be the support I felt like I needed in that first year or so.

I am a CBT and Gottman trained therapist and love to help mommas and their families feel more balanced, connected, and confident. I work mostly via telehealth, but also offer walk and talk sessions for individual therapy and offer a postpartum walk and talk support group in Monterey. I also have a certificates in TF-CBT, CBT-I (CBT for insomnia), Postpartum Support Institute certified and working on my certification for Food as Medicine for mental health professionals, Integrative Medicine for PTSD and Complex Trauma and Attachment and Parenting. I am current open to individual and couples clients as well as always accepting new members for the support group and digital courses. I have an upcoming course for “Empowering your Holidays” as well as “B.O.U.N.C.E back after baby.” If you want to know more about these programs, you can check out my website under the “Education” section. I mostly take private pay but accept some insurances for my therapy clients. Kaiser Nor Cal, Aetna, Oscar health, Oxford, United Healthcare and am in the process of getting paneled with Tricare.

www.Kristinaanzell.com

Fun Facts: I am a part of a military family, which I never thought I would be, I play soccer for exercise and played D1 soccer in college, and I rebuild my first car when I was 16 (a 75 Camaro). Let me know if you want a ride!

Meet Your Resident Mentor!

Pat McDermott, LMFT



Welcome to the Mentor Program, here to assist both professional clinicians entering our community and new clinicians embarking on their professional journey.

The way it works is that you contact me, we set up a date either on phone, Zoom or in-person, and you tell me about yourself and what you want to do as a professional. It is then my job to tell you about our community and if I can, hook you up with people who have your same interests.

We will talk about Agencies in the community, who to talk to in different agencies; if private practice is your interest then we'll talk about what your needs are in that arena.

I am a firm believer that we need one another so the more clinicians you know the better the work you can do. It is my belief that we are always learning. Hope to hear from you soon.

Pat McDermott (831) 277 7086

“Mentors are all around us. Who makes you feel **confident, inspired, focused** and is willing to share their experience?”

Anna Letitia Cook
Director, WomenUP Ltd.

"A mentor is not someone who walks ahead of you to show you how they did it. A mentor walks alongside you to show you what you can do."

COLLEAGUES ARE A WONDERFUL THING - BUT MENTORS, THAT'S WHERE THE REAL WORK GETS DONE.

- JUNOT DIAZ

Couples Corner

offered by EFT trained therapist Amy Somers

The full Autumn experience just crept up on me the other day: all the leaf smells, pouring golden light, warm days/cool nights, the falling rust from the redwoods. My body senses this time of the year, naturally taking stock and looking backwards in a flash. It was Thanksgiving that my husband and I got together, officially, 30 years ago. Wow. How far we've come and how easily we slide back, from time to time. I noticed this out loud during one morning with our green tea matcha in hand, proposed something daring to celebrate: a new Third.

I realized that when we got together, we were different people: younger, less aware, less experienced, and less touched by major life events. We are seasoned adults now with many battle scars; all the wisdom the years have brought us. The Third we created then has been fulfilled, we are complete. This is where a lot of couples get bored, stray outside the relationship, take each other for granted, maybe even split. A certain kind of complacency comes to fog in a long-time partnership, snipes and resentments can pop up frequently. Sometimes it feels like riding on fumes. Going into the later chapter of our life together (and so blessed to have the opportunity), I suggested we scrap the whole thing, start over. I also realize this can be done at any time, in any relationship where an adjustment feels overdue. Once the dream has been dreamed, it's time for a new dream!

So, what does this look like? Well, still figuring it out we're trying to add daily bricks of the new foundation while taking the cracked ones out: keeping what still works, noticing what doesn't, what needs to change and how this will happen. Naming emotional, mental, and physical changes that no one talks about and what works differently currently. It sounds obvious, but I keep coming back to kindness, love, and compassion as the basis for conversations, plans, ideas and backslides of attachment styles. Staying in our windows of tolerance when it feels impossible to do so. Continuing the work on ourselves instead of pointing the finger, calling this out. Most of all, putting in the effort. Auto-pilot takes over the brain and relationship when you've been with someone more years than not. You think you know everything about them, it all feels utter predictable, in a trick of the mind. Choosing instead, the harder route, putting in the energy and being uncomfortable, learning new things about your partner (asking questions you never thought to ask!), yourself, and your world. In a place and time where it's easy to give up, choosing to double down instead and get the proper support where it's needed.

A new therapist, couples' counselor, reading, sharing, experiencing, and growing together, and apart! Developing new and fascinating parts of yourselves that challenge and exhaust and exhilarate you: writing a book, hiking further than you thought you could, writing poetry, joining a group, traveling solo and together, learning to sing, dance, a new language.

I know, sounds exhausting. Also, exciting! Of course, there's rest in there too (we need it now, as elders, unlike the energizer bunny years where we just kept going). Balance. Quiet. Slowing down. Alone time. Did I mention boundaries? Non-negotiables that we put up with when younger and now are unacceptable. Being wise with our energy and resources, knowing they are limited and sweeter for that. As our new dream continues to brew, we continue to share and shape this new form we are birthing. It feels hopeful in a time of hopelessness, a creation of peace in a dying world. To ripple out glimmers in a time of raw spots.

With the foreshadow of Winter, Autumn feels like the last hurrah before going inward. A time to reflect and improve and imagine a new life together, plan a rebirth for the coming Spring. I plan on savoring the unity of our 30th anniversary together and all the brilliant memories and colors of the years. Also, to kill the dream and dream again. Gratitude for all we had, and all we are yet to be.



How the Therapeutic Alliance Influences Treatment

Outcome: *These 4 behaviors improve the journey through therapy*

Article by Mac E. Lancaster, BS & Ran D. Anbar, MD

KEY POINTS

**The therapeutic alliance is one of the greatest predictors of therapeutic outcomes.*

**The therapeutic alliance helps foster collaboration, emotional connection, and goal-directed treatment.*

**Honest communication between the provider and patient strengthens the therapeutic alliance.*

Entering therapy can be a daunting step toward improving mental and emotional well-being. The therapist plays a critical role in guiding and facilitating the therapeutic relationship, which has long been understood to play an indispensable role in the outcome of therapy (Bolsinger et al., 2020).

It takes some work to discover an appropriate therapeutic match and once it is found, it takes cooperation and collaboration between both the individual looking for help and the provider.

Some therapists may believe the power of therapy is held in their words. However, especially involving hypnotherapy, it is apparent that most of the power is in the patient (Alman, 2001). When a patient is engaged in the process of modifying behavior, they will be more inclined to implement strategies on their own, leading to positive change.

While the patient has an unequivocal responsibility to be open and take part in the therapeutic process, the therapist must facilitate what is known as the therapeutic alliance. This alliance is three-fold, involving the collaborative relationship, affective bond, and ability between the patient and therapist to come together to work on an agreed goal (Stubbe, 2018).

Especially in the case of adolescents, if they feel the alliance is weakening, it will negatively affect their retention rate and treatment outcome (Gergov et al., 2021). An effective therapist should be able to articulate, model, inspire, and promote an atmosphere that encourages exploration and change.

Positive therapeutic outcomes involve not only finding the right therapist but also demonstrating certain signs of progress and growth throughout the therapeutic journey. Let's illuminate what it means to make the most of therapy. We will explore several behaviors associated with an enhanced relationship between patient and therapist and positive therapeutic outcomes.

Effective Communication

Communication does not come easily for every patient, especially regarding emotional expression. Therefore, the therapist must use patience when fostering an environment wherein patients feel secure being transparent about their goals, concerns, and progress.

In return, patients grow more comfortable over time in being honest about their thoughts, feelings, and experiences, even when discussing painful topics. If you, as a patient, don't feel safe expressing your feelings during therapeutic sessions, you can ask yourself the following questions to get to the root of what you're feeling:

"Is this therapist creating the right environment for me?"

"Do I even care to engage in a discussion about this right now?"

"Am I struggling to converse because this particular topic is too uncomfortable?"

Although communication skills are developed and strengthened during therapy, patients should do their best to ask questions or seek clarification along the way. This is because communication is one of the foundational elements contributing to the therapeutic alliance (Del Giacco et al., 2020).

While therapy is a learning process for the patient, therapists also learn how to give a more effective, individualized treatment plan based on feedback, leading to greater patient satisfaction (Oliveros et al., 2019).

Communication can improve treatment by encouraging diagnostic accuracy, ensuring the patient's needs are being met, and uplifting the patient's role in deciding how the treatment process should go (Popa-Velea & Purcărea, 2014).

Active Engagement and Home Practice

Consistent, active engagement is one of the most vital tenets in not only therapy but in life. Commitment to therapy from both the provider and patient signifies a genuine desire for change and strengthens the therapeutic alliance. One helpful tip for a beneficial therapeutic outcome is to come into sessions with a notepad to reference the discussion in the future.

To continue patient progress outside the session, therapists will often provide home practice assignments or exercises to work on the skills taught in therapy. It is the therapist's job to ensure they are assigning home practice with clear instructions and within the patient's capabilities, keeping in mind their schedule and emotional capacity.

Suppose you, as a patient, deem an assigned practice to be too much work or not rewarding. In that case, this is a good opportunity to practice communication, letting your therapist know so they can better tailor practices toward your success.

cont'd on pg.9

In general, patients in therapy will see improved behavioral outcomes over time. However, patients who thoughtfully practice their skills outside the therapy office are likelier to have an improved treatment outcome (Mausbach et al., 2010).

Willingness to Take Accountability

Patients should approach therapy with a sense of curiosity about themselves, their thoughts, emotions, and behaviors. Self-reflection can lead to understanding how past experiences and behaviors have shaped present circumstances, paving the way for self-awareness and modifying behavior for a more desirable outcome.

This is not done alone; a good therapist will assist the patient in improving self-awareness, gaining confidence in dealing with unpleasant emotions, and staying consistent without making the patient feel blamed.

Patients can learn to acknowledge their role in their well-being, feel empowered to take responsibility, and hold themselves accountable for their actions and choices, recognizing that they are in control of their emotions and behaviors. A great way to practice taking accountability is by accepting feedback from the therapist with an open mind (Peteet et al., 2023).

Setting Realistic Expectations

Any patient needs to recognize that therapy is a process, not a quick fix. By setting realistic expectations for progress and having self-compassion when there are setbacks along the way, patients can feel proud of their efforts in the therapeutic process. It is crucial that early in their therapy, patients are informed about the timeline of the therapy to come and have their expectations addressed (Ekberg et al., 2016).

It takes time to change a thought process, and this happens by learning skills and practicing the implementation of therapeutic techniques in real-life situations. Such practice allows patients to verify the effectiveness of various techniques and allows the therapeutic alliance an opportunity to modify the therapy accordingly.

With practice over time, healthier coping strategies, communication skills, and self-awareness techniques become second nature, resulting in positive changes in relationships and overall well-being.

Patience, perseverance, and application are key qualities in the healing journey.

Takeaway

Therapy involves a two-fold relationship, where the therapist diagnoses and implements an environment tailored to the patient's needs. The patient attends sessions consistently, communicates effectively with their therapist, and practices skills on their own.

It is paramount that each patient understands their power in modifying their behavior. The therapist's main role is to support the patient in their journey of self-discovery, offering useful coping tools.

Patients can commit themselves to a positive therapeutic outcome with the understanding that participating in the journey can offer a life-changing impact.

Mac Lancaster obtained his undergraduate degree in Cognitive and Behavioral Neuroscience at UC San Diego. Currently, he shadows Ran D. Anbar, M.D., observing patients and helping to write articles about hypnosis and counseling for publication in professional literature.



Job Postings

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For a free consultation, email Katie at:
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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

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| 1990 Connie Yee | 2004 Mary Sue Abernethy |
| 1991 Joan Mortensen | 2005 Elisabeth Wassenaar |
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