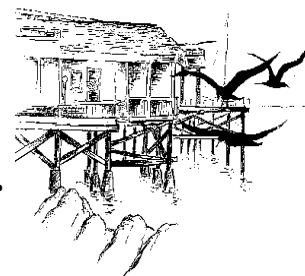


## *The Monterey County Chapter* California Association of Marriage and Family Therapists

**November / December 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!

### **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**

#### **November - Autumn Mixer!**

*Event Type: In-Person Social Gathering*

*Date/Time: Nov. 20th, 4:30-7:30pm*

*Venue: Tarpy’s Roadhouse*

*Pricing Categories/Respective Prices:*

**Licensed MC-CAMFT Member – \$25.00**

**Pre-Licensed MC-CAMFT Member – \$20.00**

*As we begin to bring this year to a close, we welcome this opportunity to get together with established friends/colleagues as well as get to know our newer community members.*

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

*Register HERE:*

<https://mccamft.org/event-5011762/Registration>

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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 -

Membership Chair: OPEN  
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



### 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!*

*As the year 2022 winds down, I am preparing to step out of my role as president of the chapter, and as such, this is my last time writing to all of you as president in this newsletter! I must say, I have felt nothing but kindness and appreciation from my MC-CAMFT chapter throughout my tenure in this role. I am happy to be a part of this community, and I feel very connected.*

*I am also relieved and happy to know that a very capable set of people will be on the board, continuing to ensure the success of the chapter. It feels great to feel confident that the hard work I put in to help the chapter survive through a tough era in our world, has led to a new phase of our chapter with inspired leaders taking the reins. Please keep your eyes open for an electronic ballot coming into your inbox later this week. As a chapter member, it is vital that you vote!*

*I am not the only person whose term is coming to a close this year. Rochelle Hall who has been on the board for about 9 years, and Carmen Martin who has been on the board for about 6 years, are both bringing closure to their roles on the board. I have much appreciation for their presence and contributions at our meetings. Rochelle has offered a steady, thoughtful wisdom. Carmen often introduced alternate perspective on things that has been important to consider in our discussions. Beyond that, it has been a pleasure simply getting to know both Rochelle and Carmen. Please take the time to read their send off messages that are included in this newsletter!*

*Hopefully, we will see you all at our upcoming Autumn Mixer! We will once again be gathering at Tarp's for hearty appetizers, beverages and good ol' fun times. It has been a blast getting together in person again, and I look forward to doing so one more time this year. The details are included in this newsletter, and registration is open on the website. Bring your loved ones, friend, or whatever other guests you'd like! Let's have some laughs together!*

*May you be well,*

*Jennifer Farley*

# *Grateful Acknowledgement of Outgoing Board Members*

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## *Rochelle Hall*



For me, stepping into the MC-CAMFT board secretary position shortly after moving to Monterey was all about connection. I knew that finding my way here professionally would be exponentially easier if I could connect asap with a professional tribe.

That was in 2014, and who knew it would be eight years before I'd be handing the Board Secretary baton to someone new.

Probably the biggest privilege of serving this long has been witnessing the brilliance, energy, and creativity of the women and men who've rotated through board positions over these years, keeping it fresh, relevant, and also fun.

I'm grateful that I got to observe this behind-the-scenes ingenuity usher us through a lot of loss and change — most recently, as COVID blew through our personal and professional lives. I'm grateful to have been able to see up close how our board leaders have kept figuring out ways to hold our chapter together, keeping it strong, even while being together physically wasn't an option for cultivating connection. And as the one taking board meeting notes and minutes, I've been held keenly aware of all the love and energy it's taken, and will take, to keep our chapter healthy, happy and vibrant.

I wish the new board so much great karma in the weeks ahead, knowing that your commitment and resourcefulness are among the essential ingredients that keep our chapter strong. Thanks for your precious time, and groundedness, and resilience. I look forward to upcoming speaker events (excellent ones in the offing!) you'll make possible, ever more learning opportunities, and always, the life breath of personal and professional connection.

All the best,  
Rochelle



# *Grateful Acknowledgement of Outgoing Board Members*

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## *Carmen Martin*



I was struggling to remember if I joined our MC-CAMFT Board in 2017 or 2018. Time flies when you're having fun, as I had to go back in my emails to January 2016! There I found Kristine Jensen's enthusiastic invitation for me to join the board right away, in order to be able to attend the annual CAMFT Leadership conference up near SFO. There I learned about my new role on the Board, while having the wonderful opportunity to meet peers with the same board position in their respective CAMFT chapters!

That was in February 2016, and a few months later we had the Soberanes Fire. My primary job as Disaster Response Chair was to act as liaison between the Red Cross and our MC-CAMFT chapter, in keeping our licensed members informed of the free trainings offered to become a Red Cross certified Disaster Mental Health provider.

During later fires in Sonoma and Santa Cruz I was in touch with their CAMFT chapter representatives, to assess whether they had enough mental health crisis resources from their own membership to help with their local crisis needs. It was interesting meeting licensed therapists who had volunteered for a couple weeks at a time, to travel (at Red Cross expense) to other disaster areas, from hurricanes in the US, Puerto Rico, and Haiti, to a tsunami in Indonesia.

Then in 2020 during the COVID crisis the fire danger hit close to home for many of us here in Monterey County. I was only one of many who had to evacuate, and then afterwards live with record triple digit temperatures, while inhaling suffocating smoky air for a month. We gathered and published a list of ca. 25 local therapists who generously offered a limited number of pro-bono or low-cost services to families and individuals affected by the fires.

Once we moved to online Board meetings, I relinquished my role and asked to be a Board member-at-large. As an introvert, some of the most fun I had while serving on the board was getting to know fellow therapists in the community by sitting at the welcome table at in-person events and signing people in, saying hello, handing out name tags, evaluations, and CE certificates. That's a good way to learn members' names and start a conversation! The board meetings themselves were also quite gratifying, in that it brought me out of the isolation of the therapist-client routine, focusing instead on what would be helpful for other therapists also desiring to break that professional isolation and find more support among colleagues, through CE trainings, salons, networking events and social gatherings.

It was a pleasure to serve my therapist community, and I honor those past and present who generously stepped into roles involving more responsibility, creativity, and opportunity to make our chapter a robust and active organization serving our local mental health professionals!

## MC-CAMFT ANNOUNCEMENTS LISTSERV VIA TOPICBOX

Welcome to our new announcements forum!

This replaces the old forum on our website.

Enjoy a wider outreach, as every active member can now access this listserv.

As a chapter member, you are automatically enrolled in this listserv so that you can easily communicate professional announcements with fellow members.

### How it works:

To send a message to everyone in the group, use the email: [mccamft-announcements@mccamft.topicbox.com](mailto:mccamft-announcements@mccamft.topicbox.com)

You'll receive a copy in your email, or you can view it online at <https://mccamft.topicbox.com/groups/mccamft-announcements>. You can write new messages or responses there too.

- An acceptable announcement is any referral, event, group, office space available/wanted, supervision wanted/offered, trainings, etc. This can include both offering or looking for a service, a resource, or information.
- Examples of announcement topics are: looking for referrals, office space, internships, supervisors, etc.; starting a peer consult group; forming special interest group; practice announcement or openings; donating books; referral questions for clients; questions on resources, or services, etc.

### HOW TO MANAGE YOUR NOTIFICATIONS FROM TOPICBOX

When someone makes a post, you will get an email notification. If you'd like to adjust things so that you get a daily summary (rather than potentially multiple emails a day), or to remove yourself from all notifications, here is how to do it:

**Click this link:** [delivery options](#)

**It will ask you to put in your email address. Enter your email.**

**It will then send you a code to type in. Type in that code.**

**Now you are in Topicbox.**

**On the right hand side, you'll see a section called "Delivery options" and then a link that says "edit delivery options". Click on the link that says "edit delivery options"**

From there, there are 3 options and you can pick which is best for you, including an option to no longer receive emails. If you'd like to not be active in this forum, you'd pick that option.

**Please note that there is also an option to receive a "daily summary"**. This would allow you to get ONE email per day with a summary of all messages sent, so if you are overwhelmed by messages coming in as they are posted, this can be a great way to still stay engaged, but not get too many emails.

## Couple's Corner

### Couples Corner

-offered by EFT trained therapist Amy Somers

My husband and I met with a couple a few weeks ago who were into the early years of their second marriage. Differing beliefs reared their heads and the wife was afraid their truths would be non-negotiable; end the relationship. Hot spots in the news and opposite sides of the political spectrum brought the polarized world into their home, both wondered if it was too much for the relationship.

I excitedly shared one of my favorite EFT concepts: emotional validation. As a partner, we can validate our partner's emotional state even when we disagree with them. This didn't make sense until we showed them how. We invited each of them to take a dive into their stories behind their views, which stemmed from very personal experiences born of trauma. When we slowed down their emotional state, one by one and honored not only the feelings but the story itself, we as a group then each partner as a couple, bore witness and empathized with the person sharing. They each validated the emotional content behind the opinion of their partner.

Emotions are always valid, and key to shifting into a secure relationship. Those of us with an insecure relationship received an invalid message, that our emotional state was too much or not enough or whatever reactive parenting was passed down. Anxious attachments learned to grow their emotions bigger and speak louder to be heard. Avoidant attachments learned to stuff their feelings so small they ended up unknown altogether. Poor Disorganized attachments panicked and vacillated between the two. A lot of us came programmed with unhealthy emotional validation.

As with most trauma, the healing is in the flip side. When we validate our partner, they feel heard, seen, felt. This heals a raw spot and forges new neural pathways in the brain. After repeated experiences of being heard, seen, and felt, the nervous system relaxes and learns a new way of being. We feel safer and more able to express our emotions in a healthier way, bringing partners out of battle and into harmony. Quite the transcendent experience.

The trick is to catch it before the negative cycle. A Withdrawer's energy will get small, begin to shut down, wall up and present almost stony. A Pursuer's energy will get big, angry, or scared and target the Pursuer. Disorganized will vacillate between the two. Whichever partner can catch the cycle first (usually the Withdrawer due to the ability to downregulate and not get lost in emotions), that is the cue for emotional validation. As in "I can see that you feel scared when I have a different belief than you and I understand that we have different experiences that led us to feel the way we do. I'm sorry this scares you and I am here to support you (remember anxious attachment always wants a twin)."

We don't have to agree with the belief itself or even how this shows up in an unhealthy way, but can validate the primary feeling underneath, like anger, sadness, fear, surprise, shame, etc. We can make our partner feel safe. See the difference? Feel it? Really lean into the different examples and see what you notice in your body.

Our couple left with insight, feeling connected yet still having different opinions. Turns out it wasn't a dealbreaker after all, just an invitation to go deeper into connection and learn something new about their partner. They reported feeling lighter and clearer, interested in practicing this new skill.

We wished them well and used the session to send out intentions for the world at large: emotional validation instead of war. Imagine that as a concept to spread. Proof's always in the pudding. Try it out!

## ADHD: Bottom-Up Triggers of Social Anxiety

*Tuning into your neuro-biological needs.*

-Kerry Chillemi Prof Doc Psych

### KEY POINTS

\*Neuro-biologically informed methods engage the safety system of the brain and tune into neuro-biological needs.

\*A neuroception of safety is helpful for social engagement behaviors.

\*Neurodivergent individuals are susceptible to emotional contagion.

Adult clients who present with attention-deficit/hyperactivity disorder (ADHD) often describe a social anxiety spiral of thinking that leads to subjugating, masking, reassurance seeking, and/or overcommitting to things. These behaviors are particularly adverse for mental health. The values people hold (e.g., authenticity, loyalty, fairness, and kindness) may spiral into unrelenting expectations of the self, feeling guilt, and the self-limiting belief of not feeling good enough. Rejection-sensitive dysphoria and emotional hyperarousal precipitate clinically significant symptoms of distress.

Traditional talk-based methods of therapy that are cognitively oriented (i.e., that focus on logic and reasoning) are viewed as a top-down approach to treatment. Dr. Bruce Perry states, “despite the well documented effects of fear and anxiety on the ability to reason, often programs tend to ignore the need to engage the safety system of the brain and focus instead on recruiting the cognitive capacities of the mind” (Perry, 2021). Polyvagal theory has enabled us to become more conscious of combining top-down approaches (i.e., that promote new ways of thinking) with bottom-up methods. A bottom-up approach addresses mechanisms underlying social anxiety (i.e., somatically driven and oriented toward body-up triggers).

### Bottom-Up Triggers of Social Anxiety

Neurodivergent individuals are susceptible to emotional contagion (the tendency to absorb, catch, or be influenced by other people’s feelings) and can distinguish very subtle cues that others would not. Professor Tony Attwood described this as a sixth sense and likened the experience to the analogy of a negative tone of voice infecting a neurotypical person at the strength of a cold. In contrast, a neurodivergent individual is infected at the strength of the flu. This can be an overwhelming experience that cannot be easily bypassed. Emotional dismissal can be crippling.

Dr. Stephen Porges has coined the term neuroception, which describes how our neural circuits distinguish whether stimuli are safe or dangerous. Specific areas of the brain detect and evaluate an impression of safety and trustworthiness. For example, at a subconscious level, you may immediately feel dysregulated (anxious) and disconnected from people at an event. Dysregulation can then trigger survival mode thinking (socially anxious thoughts) and an increased sense of self-focus. Thoughts may include, “Am I doing or saying the right thing?” or “Am I enough?” (interesting/funny). A neuro-biologically informed approach can feel comforting for clients as they are not expected to reason their way out of anxious thoughts. Rather, the goal is to defuse from thoughts (as triggers are considered to be instinctual and require understanding, compassion, and actively helping the individual to feel safe) and tune into your neuro-biological needs (Delahooke, 2019).

### 5 Questions to Help You to Tune Into Your Neuro-biological Needs

1. What is my baseline? (Consider quality of sleep, hormonal cycle, stress, and fatigue levels.)
2. Consider environmental triggers; is an accommodation needed (e.g., emotional rest)?
3. Am I feeling a neuroception of safety and connection (at a subconscious level, am I feeling dysregulated and disconnected from the people in the room)?
4. How are my subconscious urges impacting me? (Is your vulnerable child within needing a healthy adult perspective to soothe unmet psychological needs or unprocessed emotions?)
5. Am I listening to my neuro-biological needs (e.g., Is there a need for a movement break)?

### 9 Techniques to Center the Mind and Body

1. Learning to be mindful of your emotions in a curious and nonjudgmental manner (acceptance and commitment therapy) allows you to change how you pay attention to an emotion and sets the framework for managing distress in a healthy way.
2. Neuroscientist Dr. Bruce Perry’s pioneering model of sequential engagement and processing highlights the importance of regulating (calming the stress response) and connecting through a relational approach before reasoning (e.g., attempting to feel self-assured).

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3. When the autonomic nervous system has moved into a dysregulated dorsal vagal state (shutdown, numbing, disconnection, or dissociation) or sympathetic state (mobilization of fight or flight, survival mode thinking), a quest for safety and connection can be realized by co-regulation (Dana, 2020). Co-regulation is defined as the way in which one's autonomic nervous system interacts with another person's autonomic nervous system in a way that facilitates connection and safety. This involves a recognition of a shift in one's autonomic state, which is met with a responsive, warm, calming presence and tone of voice. Co-regulation is dependent upon how the person is seen, heard, and held and the ways they are offered safety and connection (Dana, 2020).

4. Subconscious urges have a distinct sense of urgency to them and may trigger the vulnerable child within. Conscious thought and taking action may not produce change. Rather, change may require you to memorize that feeling and move what you have learned from the conscious mind to the subconscious. Schema therapy is a powerful treatment approach that allows people to identify psychological defenses and self-defeating patterns that begin early in life.

5. Embracing the authentic self (e.g., checking in with what you feel and need at any given moment in time) fosters a genuine connection with the self and others.

6. Activities that are regulatory, rhythmic, and/or involve movement are beneficial to completing stress cycles (to help the body move out of survival-mode thinking).

7. Neurodivergent minds need to rest and recharge. There are many different types of rest, including sensory rest, creative rest, emotional rest (having the time and space to freely express how you feel), and social rest.

8. Positive traits of ADHD—of which there are many—include being kind, passionate, creative, honest, curious, innovative, and good in a crisis. Clients with ADHD often report their innate ability to thrive in situations of variety, of rapid change, and that reward innovative thinking.

9. Neurodivergent minds benefit from feeling the flow of operating within their own space and time. Flexibility (accommodations) allows people to minimize the negative and leverage the positive.

To prevent the adverse impact of ADHD burnout (chronic stress causing disturbance to our physical autonomic nervous system and mental functioning), it is important that we move toward a neuro-affirming and neuro-biologically informed approach.

## References

Dana, D. (2020). *Polyvagal Exercises for Safety and Connection: 50 client-centered practices*. New York. W.W Norton & Company.

Perry, M.D. Winfrey, O. (2021). *What Happened to you?: Conversations on Trauma, Resilience, and Healing*. New York: Flatiron Books.

Delahooke, M. (2019). *Beyond Behaviours*. Wisconsin: PESI Publishing.



### Navigating Grief and Loss During the Holidays

*9 ways to be prepared when a crushing moment pops up out of nowhere.*

-Dee Stern Psy.D.

#### KEY POINTS

Triggers can happen at any time.

Triggers can be seemingly endless.

What should the bereaved be aware of concerning triggers? What are four holiday season dilemmas to be aware of?

What are “triggers”? In the area of grieving, triggers, or “grief spasms,” as they are often called, occur when everything seems to be going along okay and the bereaved are finally beginning to feel they “have a handle” on their grief when an anniversary of a marriage, death, or other event unsettles the bereaved.

Some other examples are:

A phone call from a telemarketer who wants to speak to the deceased, and the bereaved have to explain that their loved one has died.

When a magazine continues to arrive with the deceased’s name on the cover and the bereaved spouse has already canceled the subscription.

When the bereaved are walking down the street, in a store, or at the mall and see someone from a distance wearing the same outfit that their loved one wore and they think it could be them—still alive.

When the bereaved are driving or walking down the street and see a couple holding hands and realize that this is no longer possible for them with their loved one. Perhaps they are at the mall and smell someone’s cologne and it was the exact cologne their loved one wore. Perhaps they just turned on the radio in their car and it is playing the song that their loved one enjoyed singing or dancing to.

They go to the store and run into someone they haven’t seen in awhile and are asked how their wife/husband is doing.

Perhaps you are shopping and suddenly realize you are now shopping for one rather than two.

A rose bush has not bloomed since your loved one died and, suddenly, on their birthday it blooms beautiful roses again.

Examples of triggers could go on and on for the bereaved and can cause a setback in their grief if they are not careful.

The anticipation of birthdays and anniversaries is often more troublesome than the actual event. What should the bereaved do when the birthday or anniversary occurs? Do they ignore it, not saying anything to anyone? Do they go out to dinner with friends and raise a glass in memory of their deceased loved one? Bring flowers to the cemetery? The answer is simple: it is up to each individual to decide what will bring them comfort at that time. Even doing nothing is something.

With the holidays, there are more constant reminders. Decorations in the stores, greeting cards on the shelves, holiday displays and discounts on toys and other gifts, holiday movies, Christmas trees being sold on every other street corner. In other words, no matter where you go or what you do, you can’t hide from the holidays or make changes before they arrive. Or can you?

There are several ideas that can help the bereaved during the holidays, as well as approaching birthdays and anniversaries. It is a matter of taking back control and being prepared:

1. The most important thing to do is to have a plan. In fact, have plan A, B, and even C if necessary. It will help the day go smoother.
2. Talk with family and friends before the scheduled event to let them know how difficult this might be for you and that you might have to leave early.
3. You are not obligated to go to every party.
4. If everyone always comes to your house for dinner, suggest someone else’s house or going out to dinner this year.
5. If you have always sent Christmas cards, decorated the house, or done a lot of baking, this might be the year for a change. Perhaps you could either send no cards or not as many; not decorate as much or not at all; and instead of baking this year, just go out and buy that pie or dessert.
6. Take care of yourself and don’t add expectations that will cause you additional stress.

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7. Do something to honor your loved one's memory, such as giving money in their name to a charity they liked, having a mass said for them, lighting a candle in memory of them, having a scholarship set up in their name for a student in the same area as the deceased, or donating books in their memory to a library if they loved to read.

8. Try very hard to keep only positive people around you, especially during the holidays and other special events in your life—those people who will allow you to cry without telling you to move on or get over your loved one's death.

9. If you had been to a support group before, it might be a good idea to go again during the holidays for some extra support.

**Being Happy and Cheerful:** There seems to be an expectation that everyone should be happy and cheerful during the holidays. Please allow yourself to feel what you want—happy, sad, cheerful, unhappy—not what others expect of you.

**The Minefield of Social Exchange:** The innocent comments of others may cause a great deal of pain to the bereaved. The bereaved can be thrown off by the comments of complete strangers. “Hope you and your family have a wonderful holiday” sounds like a wonderful greeting, but when someone has died this greeting is very difficult to hear.

**The Complexity of Decisions:** The bereaved must decide what to do and what not to do when it comes to dealing with decisions about family activities and rituals. For example, a simple gesture such as whether or not to hang a stocking of the young child that died or sending holiday cards to family and friends may cause problems for the bereaved.

**The Ambush:** These are events that are unexpected and unpredictable. They are often called grief attacks or zingers. An example by Noel and Blair (2000) is: a mother was taking out her Christmas ornaments and came across one that her young son, who died, had made in kindergarten last year. It had his handprint on it. She was so overwhelmed she dropped to her knees and just sobbed.

Be aware of being ambushed and always have a plan, take control, and let family and friends know your wishes early.

References:

- Wortman, C. (2009). Getting through the holidays: Advice for the bereaved. University of Phoenix: WGBH Educational Foundation and Vulcan Productions, Inc.
- Noel, B., & Blair, P.D. (2000). I wasn't ready to say goodbye. Vancouver, WA: Champion Press

## Job Postings



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

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

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



## Equip

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

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

Learn more and apply at:

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

## Member Ads

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

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

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

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

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

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







**MC-CAMFT**  
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**CA 93942**  
**[www.mccamft.org](http://www.mccamft.org)**

## **NEWSLETTER ARTICLES AND CONTRIBUTIONS INVITED**

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

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

## **NEWSLETTER ADVERTISING**

Advertisements including classifieds and flyers must be placed prior to the advertising deadline. All ads must obtain approval by the Newsletter Editor, Advertising Chair and the MC-CAMFT Board President.

Advertisements should be submitted by email attachment as a Word document with the exact wording desired. Submission and approval for all advertisements, including payment, is due by the 12th of the month preceding publication.

## **NEWSLETTER DEADLINES**

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

### **MC-CAMFT** **Mission Statement**

MC-CAMFT is dedicated to the advancement of marriage and family therapists, to the promotion of high standards of professional ethics and qualifications of its members, and to expanding the recognition and utilization of the profession in Monterey County.



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

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