October/November 2018 Newsletter

The Monterey County Chapter

California Association of Marriage and Family Therapists

Benefits to MC-CAMFT Website:

1. Current Member Directory
2. Chapter Board Contact
3. Announcements Forum
4. Specialized Forums
5. Membership Information
6. Online Newsletter
7. Networking Opportunities
8. Chapter Documents Access

MC-CAMFT BOARD MEETINGS 2018

Contact Board President for meeting information.

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MC-CAMFT CALENDAR

OCTOBER LUNCHEON

Date:	**Friday, October 19, 2018**
Time:	**11:30am – 2:00pm**
Topic:	**How to Make Good Therapy Even Better: An Over View of the TEAM-CBT Approach**
Presenter:	**G. Katie Dashtban, Psy.D.**
Location:	**Monterey Pines Golf Club 1250 Garden Rd, Monterey**
Cost:	**Chapter Member $25; Guest, Nonmember $30; Pre-licensed $20**

NOVEMBER SALON

Date:	**Friday, November 16, 2018**
Time:	**10:00am – 12:00pm**
Topic:	**Balancing Opposites: DBT & Privat Practice**
Presenter:	**Jared Lee Phillips, LPCC**
Location:	**415 Figueroa Street, Monterey**
Cost:	**Licensed & Prelicensed Members $10**

Kristine Jensen
2016/18 Board President

2017/18
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President's Message

Our Fall Mixer was a huge success! I hope you were there and if you weren't please put our next party on your calendars right now---December 2019. As I went from clusters of chatting colleagues gathered around the standing tables, to the group of prelicensed folks on the patio being introduced by Pat McDermott and welcomed by various members including Judy Zappacosta among others, I was reminded of the first time I attended an MC-CAMFT event. I will never forget the folks who reached out and welcomed me. We are fortunate in being a uniquely friendly, inclusive, supportive and interesting group! And we are winners --congratulations to our raffle winners: Marcia Coulter, Maren Martin and Wanda Jackson. And a big 'Thank You' to all who attended and shared their warm and generous spirits.

Get your calendars out and mark the dates for our TEAM CBT luncheon, Oct 19th with Dr. Dashtban. I am certain her topic will be immediately useful to all of us. I will definitely be there.
Jared Phillips, LCC, a relatively new member to our chapter will be holding a Salon on Friday, November 16th, about integrating DBT in private practice. Jared comes with lots of experience in DBT and I look forward to his conversation and suggestions about utilizing the processes of DBT with our clients.

A special thank you to Manfred Melcher who has served on the Board for the past year. Manfred got our Sponsorship program off the ground and has been a pleasure to work with. Manfred, we will miss you. Paula Donnelly, who took over WebMistress after Maren Martin resigned will be leaving the Board as well. Paula helped us see that we needed a new website platform and has hung in there for many months as we clunked through the old website setup. Thank you, Paula for all you've done for us and for prompting us into the modern era with our soon-to-be-live new website.

How about enlivening your professional life a little by serving on our Board? We have several low-stress positions available such as membership, and sponsorship. You could not hope to work with a better group! Give me a call and let us discuss what might fit for your time and talents.

Happy Autumn. May your harvest be bountiful and sweet.

Kristine Jensen, LCSW

OCTOBER LUNCHEON

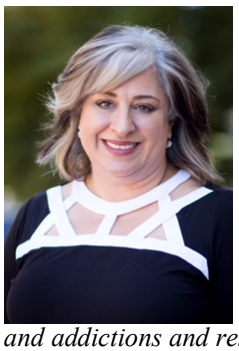
How to Make Good Therapy Even Better:

An Overview of the TEAM-CBT Approach

Presenter: Katie Dashtban, PhD.

This workshop is intended for all clinicians and mental health professionals. We will review TEAM-CBT, a transdiagnostic and transtheoretical approach to psychotherapy.

Often there is an unspoken disagreement between the agenda of the therapists and those of the clients in terms of what should therapy include and what the goals of therapy should be. For example: an anxious client's agenda might be describing the horrors of a panic attack, while the therapist's agenda might be offering a variety of great suggestions and treatment plans that aim to treat panic disorder. But, what is often left unaddressed is whether the clients really wish to overcome their symptoms (Outcome Resistance) or whether they are willing to roll up their sleeves and engage in what it takes to overcome their symptoms (Process Resistance). In this workshop, we will review the role of (T)esting, a way to measure the vital signs of each therapy session. We will examine the differences between offering accurate (E)mpathy versus advice giving, we will examine ways to address (A)genda Setting while keeping the resistances in mind, and we will explore a variety of (M)ethods that can be incorporated in getting rid of a majority of psychological issues as well as unwanted habits and addictions. We know that the brain plays a key role in our healing work with our clients.



Dashtban is a licensed clinical psychologist and the co-founder of Feeling Good Therapy and Training Center. Katie has trained with Dr. David Burns, M.D. at Stanford in the TEAM-CBT approach, which is an advanced Cognitive Behavioral Therapy approach to addressing mood/anxiety issues as well as habits and addictions and relationship conflicts.

Katie has been in private practice since 2008 and has been teaching and training clinicians around the country throughout most of her career. She established Feeling Good Therapy and Training Center in 2014, promoting TEAM-CBT as its main modality of practice. She has been training prelicensed clinicians in a supervisory position and has been hiring and training licensed clinicians in a consulting position at the Feeling Good Therapy and Training Center.

In her private practice, Katie specializes as a health psychologist, addressing issues pertaining to chronic pain, cardiac/diabetics/obesity, and reproductive complications.

Katie lives in Santa Cruz with her husband and her twin daughter/son. She enjoys motherhood tremendously, and is an eternal seeker of philosophy, wisdom and spiritual growth.

NOVEMBER SALON

Balancing Opposites: DBT and Private Practice

We know that the brain plays a key role in our healing work with our clients.

Dialectical Behavior Therapy (DBT), an evidenced-based treatment model that teaches people how to stop making things worse and create a life worth living, typically consists of five modes that constructs the standard DBT program. Given that structure, mental health clinicians often by-pass the strategies and wisdom of the skills because of what seems to be a complex model.

In this Salon, Jared Lee Phillips, LPCC (CA Lic. # LPCC3587), NCC, and DBT-trained, will lead a discussion that explores the benefits and barriers to integrating DBT theory and skills in private practice and how to engage in DBT-informed therapy.

The Salon will take place on Friday, November 16 from 10am to 12pm at 415 Figueroa Street in Monterey.

"We know what we are but not what we may be."

~ ~ Ophelia in Hamlet

MEMBERSHIP NEWS

Nadya Giusi, long-time local therapist, author and chapter member, died recently at her home on August 10th. She had a warm and gracious presence and will be missed.

Calling all Prelicensed and Associates

On Oct 16 MC-CAMFT is hosting an "all things related to licensing" with the Director of Exam Prep from the Therapist Development Center. This presentation will speak to our prelicensed members about the licensing process and provide information about the licensing exams. This includes a review of accruing hours in private practice or an agency setting, maintaining proper documentation for Board of Behavioral Science, and exam overviews. Please RSVP to Robin De Filippi by October 8th at robindefilippi@aol.com.

Robin is the Prelicensed Chair of the MC-CAMFT Board and welcomes the ideas, needs, requests of all prelicensed folks in our community (not just chapter members). In an effort to welcome and support our future generation of mental health professionals, Robin has reached out to interns/associates at Alsana, Harmony Place, CHOMP, MCRCC, Beacon House, Interim, CSUMB and Harmony at Home.

If you are prelicensed or know someone who is---come join the 3000 Hour Club by contacting Robin DeFilippi at robindefilippi@aol.com.

COUPLES CORNER

Bi-monthly musings by Cristin DeVine, certified Imago Relationship Therapist

Embracing Change

I remember that, as a child, one of my mother's favorite sayings was, "all you can really depend on is change." I didn't exactly feel comforted by her words at the time, but as an adult I see that there was wisdom in her words.

As therapists, we are consistently tracking the developmental shifts, evolutionary leaps, growth, and changes, both expected and unexpected, in our clients. When we work with couples it becomes evident that as the individual changes, the relationship must change as well.

I think it's a miracle (or at least a major act of grace) when a couple can navigate the implicit growth and change of two individuals throughout the lifespan and stay together – happily that is. I have a friend who is currently stepping into her elderhood. After many years of running a successful business and achieving the major benchmarks of status according to our culture, she finds herself longing to drive her camper to wild places and listen to the big silence. She longs to hold up a sign in rural Iowa that says, "Are you ready to have the healing conversation?"

Is this developmentally appropriate according the stages of the life cycle? You bet! Is this what ego dissolution looks like? Of course! Is her husband nervous and resistant? No doubt!

To say "yes" to lifelong partnership is to say "yes" to all the unknowns, all the hidden surprises, and all the change that comes with inevitable growth. In "Letters to a Young Poet," Rainer Maria Rilke wrote:

> *"For one human being to love another; that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation. I hold this to be the highest task for a bond between two people: that each protects the solitude of the other. This is the miracle that happens every time to those who really love: the more they give, the more they possess."*

I believe that to hold our partner's development and growth potential in highest regard is what Rilke means by "that each protects the solitude of the other." To love with this capacity is to say, "I bless you on this journey even if it takes you away from me for a while." We cannot hold our partner captive by encouraging them to remain one dimensional, just because we like that particular dimension, rather than developing all facets of their wholeness.

As therapists, how can we best encourage our clients to embrace change in their partners and relationships as an opportunity to develop their own untapped potentials? In doing so, we help diffuse unnecessary conflict and create opportunities for them to become lovers of connection, lovers of change, and lovers of solitude.

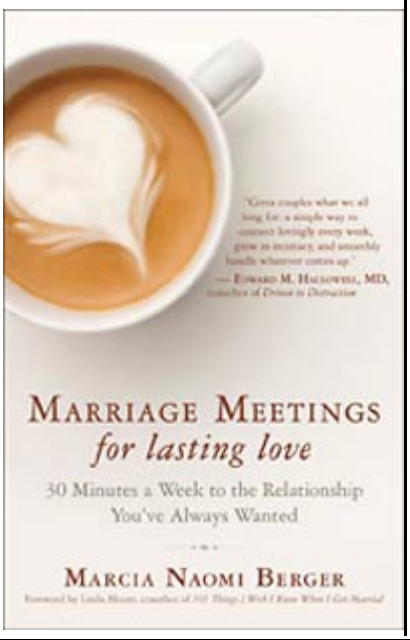
BOOK REVIEW:

Marriage Meetings for Lasting Love: 30 Minutes a Week to the Relationship You've Always Wanted

by Marcia Naomi Berger, MSW, LCSW

Reviewed by Dorie Rosenberg, LMFT

Marcia Naomi Berger's book about Marriage Meetings makes this an occasion for connection more than a technique. Berger has presented, in a very approachable way, how and why Marriage Meetings enhance a couple's relationship over a lifetime.



The author did a fantastic job of illustrating softening one's request for change until the request comes in a form that one's spouse is willing and able to make. Most people have the tendency to get louder or manipulative rather than softer and considerate of their spouse's nature.

Case studies throughout the book further illustrated how the complex emotions of relationships can be worked to resolution. It's clear that holding Marriage Meetings will help a couple continually feel more happily bonded, which would make living together for life a positive, precious experience. I have recommended this book to my clients, with good results.

Dorie Rosenberg, CAMFT member, served as president of MCAMFT in 2008, and can be reached at dorie.mft@gmail.com or (415) 492-9850.

Do You Include Current Technology in Treatment?

Would you like to have an exchange of ideas on how current technology has been useful in your clinical practice? We have available to us smart phone apps geared to mental health, social media options to communicate, telehealth to connect with clients, and interactive mental health websites. How do you find these beneficial to your work? We can begin an exchange of ideas through our own technology options – Facebook page, announcements forum, newsletter articles.

You can contact the newsletter editor, add a message to the announcements forum, and share some ideas on the Facebook page.

Let's begin a conversation!

Like Us on Facebook!

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

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 Elizabeth L Ramirez,
Newsletter Editor

NEWSLETTER FLYERS

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

- Deep Nourishment: A Spa Day for the Mind & Heart
  ~ MBMS, page 7
- Fierce Compassion: Setting Boundaries
  ~ MBMS, page 8
- Good Grief for Kids & Teens
  ~ Papillon Center, page 9
- Impermanence: Vulnerability and Mortality
  ~ MBMS, page 10
- Papillon Center Services: Third Quarter
  ~ Papillon, page 11

Advertisements

OFFICE SPACE

Sublet a large fully furnished office space in Carmel (mouth of the valley) with a shared waiting room, Sand Tray, and ample and convenient parking. Office is available Monday and Friday, for $660 per month for 2 days, and weekends (Saturday and Sunday) for an additional $200. Please contact, Deborah Jacroux at deborah@livingstoryconsulting.com or call 831-238-7107. I am slowly transitioning to Palo Alto, and beginning to build my practice in that area. I am willing to send picture of the office space, if you are interested.

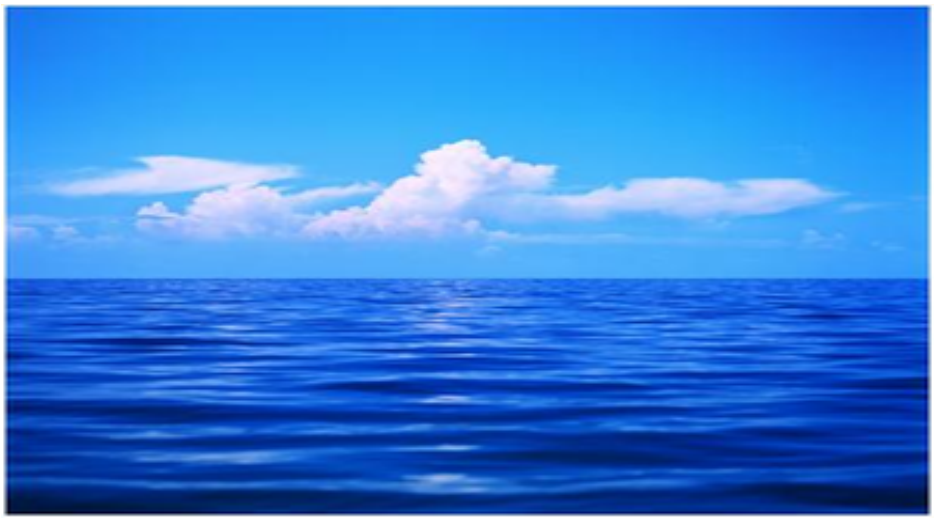
MC-CAMFT Chapter Volunteers Welcome!

The MC-CAMFT chapter is able to persist because of the volunteer board.

You are encouraged to contact the various board committee chairs to volunteer your skills or time. Some committees could use a hand for one-time events or specific projects as well as taking on long term duties. Please contact the committee chair to learn more about any committee you may be interested in to give of your time.

Contact information can be found on page 2 of this newsletter and on the MC-CAMFT website.

Deep Nourishment:
A "Spa Day" for the Mind and Heart



A Retreat of Cultivating Spaciousness and Connection

Saturday, November 3, 2018 ~ 10 a.m. – 5 p.m.
Asilomar Conference Grounds; Pacific Grove, CA
$140 (includes Deep Nourishment Practice Guide & Journal)

Offering your mind an invitation to settle and your heart an inspiration to open, while connecting with others who also value consciousness and compassion feeds your soul and nourishes your spirit.

During this day of retreat, we will take the time to slow down and drop-into a container intentionally created for reflection, replenishment and renewal. Through guided meditation, gentle body movement, and relational practices, we will cultivate a sense of spaciousness and connection with our internal world, each other, and external environment.

The Retreat Facilitator

Marianne B. Rowe, MS, is a Marriage & Family Therapist, practicing in Pacific Grove since 1986. She is the founder of the Mindful Education Project and co-founder of Monterey Bay Meditation Studio. www.mariannerowe.net

The Setting

Asilomar, known as Monterey's "Refuge by the Sea," overlooks Asilomar State Beach, providing a serene, wooded setting for reflection and restoration. Our meeting space has a fireplace & an ocean view.

Register Online at: www.montereybaymeditation.com

Non-participation Policy: No Refunds

MONTEREY BAY MEDITATION STUDIO

Fierce Compassion: Setting Boundaries:

Nov. 5, 12, 19, & 26, 2018
Monday evenings, 5:30-7:00
529 Central Ave., Ste. 201A, Pacific Grove, CA
(Monterey Bay Meditation Studio)
$140 (includes Practice Guide & Journal)

The heart does not have to close in order to define a limit.

Setting boundaries is often challenging …
and it is an essential part of bringing authenticity into relationships.
For someone to trust a "yes", there has to be trust
that a "no" will be spoken when that's what's true.

This course engages guided meditation, teaching, discussion and experiential practices
as we discover the strength and depth of compassion that can arise in skillfully setting boundaries.

Teacher
Marianne Rowe, MS, LMFT, is a psychotherapist, co-founder of Monterey Bay Meditation Studio,
and founder of Mindful Education Project. She has been teaching meditation since 2006
and facilitating relational trainings since 2011. www.mariannerowe.net

Register online at www.montereybaymeditation.com

Because class size is limited, advance registration is required. Non-attendance Policy: No refunds

MONTEREY BAY
MEDITATION STUDIO

Papillon
CENTER FOR
LOSS & TRANSITION

GOOD GRIEF FOR KIDS & TEENS

Good Grief for Kids is an age based psycho-educational program designed to let grieving kids and teens know they are not alone and to give their loss a voice through art, play and storytelling. In this 4-week program, the children create their LIFETIMES book and participate in meaningful rituals and activities that are age appropriate.

Parental participation is highly encouraged. Parents are provided tools & knowledge about how to support their child though the grieving process.

All sessions are led and supervised by therapists with expertise in children's grief. Support and education is provided for the adults caring for the participating children.

FALL 2018 SESSION:
Mondays, October 1st through October 22nd
6:00pm to 7:30pm
Dinner will be served; there is no cost to attend.

To register or for more information:
call Willow Aray at 831-320-1188

Papillon Center for Loss and Transition is a 501(c)(3) non-profit organization dedicated to building healthier communities by providing compassionate, professionally led services for individuals, families and children experiencing loss and transition.
www.papillon-center.org
Tax ID #46-2775961

Monterey Bay Meditation Studio invites you to explore …

Impermanence: Vulnerability and Mortality

October 8, 15, 22, & 29, 2018 ~ Monday evenings, 5:30-7:00
529 Central Ave., Ste. 201A, Pacific Grove,
$140 (includes Practice Guide & Journal)

Impermanence:
The fact that no thing, no body, no where will last forever.

Vulnerability:
The feeling that arises when we *really* get it that no thing, no body, no where will last forever.

Mortality:
The circumstance that we all face when no thing, no body, no where will last forever.

OK, nothing lasts. Now what?
What happens when we allow ourselves to open our hearts and minds
to impermanence, vulnerability and mortality? What are the gifts?
How do we benefit from acknowledging impermanence as a fact of life?
How do we benefit from being vulnerable? How do we benefit from accepting mortality?
This course engages guided meditation, teaching, discussion, and creativity
as we explore the mysteries, resistances, & teachings of
conscious relationship with impermanence, vulnerability & mortality.

Teacher
Marianne Rowe, MS, LMFT, is a psychotherapist, founding teacher of Monterey Bay Meditation Studio,
& founder of Mindful Education Project. www.mariannerowe.net

Register online at www.montereybaymeditation.com
(Because class size is limited, advance registration is required. Non-attendance Policy: No refunds.)

MONTEREY BAY
MEDITATION STUDIO

PAPILLON CENTER SERVICES SUMMER 2018 SCHEDULE

ON-GOING SUPPORT PROGRAMS

PET BEREAVEMENT SUPPORT PROGRAM

Open to any adult grieving the loss of an animal companion.

1st & 3rd Thursdays
TIME: 6:30pm to 8:00pm
July 5 & 19 • August 2 & 16 • September 6 & 20

PREGNANCY AND INFANT LOSS SUPPORT PROGRAM

Comprehensive support at any time from just hearing the news to years after the loss of a baby. Topics can be tailored to the needs of those in attendance. Also open to other adult members of the family who may need support in their unique grieving.

2nd Thursdays
TIME: 6:30pm to 8:00pm
July 12 • August 9 • September 13

ADULT DROP IN BEREAVEMENT GROUP

Open to any adult experiencing grief at any time following a loss.

Every Tuesday and Wednesday evening
Wednesday group is full at this time
6:30pm to 8:00pm
Every Thursday • 10:00am-11:30am

TRANSITIONAL GRIEF SUPPORT: FROM "WE TO ME"

This program is for adults who are ready to explore a new self-identity and purpose following the death of a loved one.

4th Thursdays
TIME: 6:30pm to 8:00pm
July 26 • August 23 • September 27

SAVE THE DATE
2nd Annual Wings of Remembrance Fundraiser
Sunday, December 2, 2018 • 2pm-6pm

SPECIAL EVENTS

CALIFORNIA PIZZA KITCHEN FUNDRAISER

Pizza with a purpose! Help support Papillon Center by dining at California Pizza Kitchen and **20 percent** of each sale will go directly to us! This applies to dine in, take out catering and all beverages. You must present the event flyer in order for us to get credit for your order. This can be found online at www.papillon-center.org or at our offices.

Monday, July 9th and August 13th
11am to 9pm
California Pizza Kitchen • 1100 Del Monte Center

HEARTS DO HEAL - DAY IN THE PARK

If you or your family is grieving…a loved one, an animal companion or a child, please join us in this unique afternoon of education, connection and remembrance. Join Papillon families for lunch and an afternoon of art and music for healing. All ages.

Saturday, September 15th • 11am to 3pm
Carmel Valley Park

PAPILLON POTLUCK

People who are grieving often don't feel like eating and don't have the energy to cook. So, every quarter, a bountiful table is created by Papillon participants and the doors opened to all to share a meal & conversation with one another, and then load a take-home tray for the next day's nourishment.

Sunday, September 23rd • 5:30pm to 7:30pm

SOULCOLLAGE® with LISA HANDLEY

"Shine Your Inner Light" Workshop
Friday, September 7th • 10:00pm to 2:00pm
"SoulCollage® and Self-Care" Workshop
Friday, November 2nd • 10:00pm to 2:00pm
FEE: $50 includes all materials
Register with Lisa: (831) 512-9063 or plumeriapapercraft@gmail.com

HERE:
Papillon Center for Loss and Transition
824 Munras Avenue • Suite K and L • Monterey, CA
FOR INFORMATION AND TO REGISTER:
Telephone: 831-320-1188
Email: papillon@papillon-center.org • Visit website: www.papillon-center.org

Papillon Center is dedicated to building healthier communities by providing compassionate, professionally led services for individuals, families and children experiencing loss and transition.
Papillon is a 501(c)(3) organization that is supported by generous donations and grants.
Tax ID#46-2775961

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

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