

## Community Wellness Center Health Network

Health has been defined as  
"An optimal state of well-being in body, mind and spirit."

### HEALTH CARE PROFESSIONALS

#### Physicians

**Dr. Don Bottomley**  
Osteopathic Physician  
Preventive Consultation/  
Occupational Health  
Manipulation/Chelation  
**646-0933**

**John E. Craige, VMD**  
Veterinary Medicine  
Wholistic Medicine  
and Acupuncture  
Carmel  
**624-3575**

**Dr. Donald L. Davidson**  
M.D.  
Internal Medicine  
Carmel  
**624-6487**

**Mary Kane Goldstein,**  
MD  
Family Medicine with  
special interest in  
Geriatrics and  
Women's Health Care  
**Natividad Medical  
Center**  
Salinas — 757-0223  
**Wingspread,**  
Santa Cruz  
**425-5525**

**Peter Harding**  
Physician  
Carmel Valley  
**625-5010**

**Abraham Kryger, M.D.**  
Preventive Medicine,  
Nutritional Counselling  
Carmel  
**624-4663**

**Dr. Jaryl Ollenburger**  
**Dr. Barbara Jung**  
Optometrists  
Preventive Vision Care  
Vision Therapy  
Contact Lenses  
Aptos  
**662-0888**

**Howard Press, M.D.**  
General Medicine,  
Osteopathy and Nutrition  
Monterey  
**373-1551**

**Dr. Hector A. Prestera,**  
M.D., Inc.  
Acupuncture, Internal  
Medicine, Pain relief  
Monterey  
**373-0491**

**Ralph Retherford, M.D.**  
General and family practice  
Emphasis on preventive  
medicine Pritikin Diet  
Carmel Valley  
**659-3155**

**Roger Shiffman, M.D.**  
**Jerome Rubin, M.D.**  
Consultative opinion in the field  
of Hematology and Oncology  
through professional referral.  
**624-2281**

**Dr. W. Selle, M.D.**  
Orthopedics, Disability relative  
to the joints  
Monterey  
**375-0658**

**Dr. H.T. Stotler, M.D.**  
Gynecologist  
Monterey  
**373-4701**

**Dr. Jerome Stewart**  
Holistic Medical Group  
Fremont, Calif.  
**(415) 797-3644**

**Dr. Roger C. Townsend,**  
M.D.  
General Medicine, Osteopathy  
and Nutrition  
Monterey  
**373-1551**

**Dr. Donald Scanlon, M.D.**  
Internal Medicine  
Carmel  
**624-6487**

**Saul Kunitz, M.D.**  
Eskaton Hospital Emergency  
375-2621  
Big Sur Clinic/Grange Hall  
**667-9964**

**Miriam Kahn Yost, M.D.**  
36 S. El Camino Real, #310  
San Mateo, CA 94407

**Florence Zellhoefer, M.D.**  
Holistic Health & Medicine  
Ocean & Dolores  
Carmel, Calif.  
**624-0550**

#### Dentists

**Dr. Adams, D.D.S.**  
Specializes in Prevention and  
Children's Dentistry  
**Marina — 384-7730**  
**Salinas — 449-7774**

**Joseph Arancio, D.D.S.**  
Personal Dentistry  
Monterey  
**373-0478**

#### Registered Nurses

**Joan Woodley Day, R.N.**  
Tai Chi Chih Instruction  
Carmel  
**625-5675**

**Sherry Kennedy, R.N.**  
Touch for Health Instructor  
Polarity Balancing,  
Nutritional Counselor  
Carmel  
**624-4295**

## Networking

By JONATHAN DRAKE

This network is intended as a reference guide for consumers and students and as a forum for Monterey Bay area practitioners. It will contribute to the needed debates regarding appropriate uses of specialized practices and it should facilitate the educational process of the individual so that he may take a greater responsibility for his own health. The network position may be that all forms of healing have merit but the individual should not uncritically adopt that perspective. A forum is not a recommendation. There is no more a guarantee against holistic quackery than there are absolute safeguards around medical abuse. The individual should be guided by his own experience and reasoned judgement, hence the need for education.

This network will be published monthly and should continue to expand both in numbers and variety until a truly active forum has developed. When the network stabilizes it will be published in a soft bound book form with a far more comprehensive description of the nature of each individual practice.

*This is a community effort. Include yourself.*

Contact Community Spirit, P.O. Box 4628, Carmel, CA 93921, (408) 625-5508.



Offices on Junipero between 4th & 5th, Carmel, 625-5508.

#### Attention Network Members

To assure that your network listings are correct and up to date please write or phone in all changes by the 20th of the month. Your patience with typographical errors has been appreciated.

As of the 1st of April, health network participants are being billed \$6 per month or \$18 for a three month minimum. We are expecting this system to simplify our office procedures and save valuable staff time. If you have any questions about this billing please call the office and discuss it.

We are asking that all health network participants keep a **practitioner profile form** on file with us. If you haven't filled out one of these forms, please call the wellness center office and have one sent to you.

Thank you for your cooperation and support.

Monika Mueller

Weekly Open Meetings  
Tuesday — 1-3 p.m.

**Donna K. Raicevic, R.N.**  
Holistic Nursing Practice  
Certified Massage Practitioner  
and Natural Health Educator  
Santa Cruz, CA  
**425-7089**

**William E. Roesch**  
M.S., R.N., F.N.P.  
Self-Care Workshops  
Santa Cruz  
**1-462-5904**

**Gail Robbins, R.N.**  
Diabetes Consultant  
Nutritional Counseling  
1039 Cass St., Monterey  
**375-1744**

**Louise Trygstad, R.N., MSN**  
Stress Management  
Carmel Valley  
**659-3828**

**Faye Watkins, R.N.**  
Therapeutic Touch,  
Traditional Nursing  
Carmel, Carmel Valley  
**372-0779 after 4 p.m.**  
**624-1281, ext. 417 days**

#### Acupuncturists

**The Acupuncture Clinic**  
Abraham Kryger, M.D.  
Wha-Ja-Kim, C.A., Ph.D.  
Electro Acupuncture  
Monterey  
**375-1719**

**Chinese Acupuncture  
and Herb Clinic**  
**Kwok-Chi Yau, M.C., C.A.**  
1700 Mission St, Santa Cruz  
**429-9564**

**Dr. Hector A. Prestera,**  
M.D., Inc.  
Acupuncture, Internal Medicine  
Pain Relief  
Monterey  
**373-0491**

**Huh's Acupuncture & Herbs**  
20 years experience  
Non-Electrical  
Monterey  
**646-9511**

#### Chiropractors

**Stephen Barkalow, D.C.**  
Applied Kinesiology  
Sports Injuries  
Nutritional Counseling  
Carmel  
**625-5151**

**Carmel Chiropractic Center**  
Dr. Jeff Fountain  
Chiropractic Services, Colon  
Therapy, A.K. Crainopathy  
Carmel  
**625-2555**

**Tom Clunie, D.C.**  
Non-forced Chiropractic  
Physiotherapy  
Incorporating Edgar Cayce  
approach to Health  
Santa Cruz Wholistic  
Health Center  
**425-7174**

**Dr. Glenn B. Frieder**  
A.K., S.O.T., Craniopathy  
Bach Homeopathics  
Certified Metabolic Physician  
Carmel  
**625-4008**

**Dr. Michael Gottfried**  
Chiropractor, Lecturer  
Santa Cruz  
**425-7174 or 425-7216**

**Gene Healy, D.C.**  
Pacific Grove  
Diversified  
(Individualized Treatment)  
**375-1226**

**Dr. Steven N. McDonald**  
D.C.  
Cervical Spinal Adjustments  
Pacific Grove  
**375-9528**

**Dr. Jacqueline Richmond**  
Palmer Graduate  
Specific Chiropractic  
Pacific Grove  
**649-1711**

**Dr. Erika Alison  
Schwarzwald, D.C.**  
Chiropractic Homecare  
Consultant - Carmel  
**624-2474**

**Seacoast Chiropractic Clinic**  
Dr. Jeffrey J. Ferber D.C.  
Practice of Chiropractic  
Manipulative Therapeutics  
Seaside  
**899-3734**

**Dr. Michael Weir**  
Chiropractor  
530 Ramona, Monterey  
**372-5602**

#### Electrologists

**Hazel M. Singh Tompkins,**  
R.E., Registered Electrologist  
Only by appointment day or  
night. A charge will be made for  
missed appointments.  
1037 Cass Street  
Monterey, CA 93940  
**372-4311**

### COUNSELING AND PSYCHOTHERAPY

#### Counselors

**Elaine Bachmann-Berlin, MA**  
Counseling, Mediation services  
Pacific Grove  
**375-5410**

**Diana S. Case, MFCC**  
License No. MM16208  
Counseling - Psychotherapy  
Individuals, Couples, Groups  
Gestalt & Short Term Problem  
Solving-Assertiveness Training  
Stress Management  
**375-6142**

**Lorna Catford, LMFC**  
Dreamwork, Visualization  
Art Therapy  
Spiritual Counseling  
**624-8871**

## PSYCHIC ARTS AND INTUITIVE SCIENCES

**Antero Alli**  
Psychic Tarot Readings  
Originally designed deck;  
Demystified & Concise  
Approach—Aura Reading also  
by appointment  
Pacific Grove  
**375-8166**

**Artaurus, Ph.D.**  
Evolving Consciousness  
via astrology—Chart your  
Spiritual Hinesary  
Consultation and Classes  
(basic or advanced)  
**373-5116**

**Amy Caroll**  
Angelic Tarot and Astrology,  
Spiritual Healing by Your  
Guardian Angel  
**646-0611**

**Reverend Joyce Day**  
Psychic Healing  
Psychic Readings  
Pacific Grove  
**373-2331**

**David Eversz**  
Geomancer  
Sacred Architecture  
Sacred Geometry  
Earth Acupuncture  
Dausing — Santa Cruz  
**(408) 429-6617**

**Shephard Tamadhi Hill, ND**  
Past Life Readings  
General Readings  
Psychic Surgery  
General Healing  
Monterey  
**375-0510**

**Suzanne Judith**  
A channel for teaching and  
healing. Meditations. Tarot,  
flower essences, fitness/wellness  
counseling, spiritual guidance  
Pacific Grove  
**649-6065**

**Marylou Kazmierski**  
New Age Numerology  
Carmel  
**625-1514**

**Dr. Kathleen O'Connell**  
Astrology - Couples, want to  
understand one another better?  
I do couples comparison charts,  
and marriage charts.  
Professional counselor and  
astrologer since 1963.  
Free consultation.  
Santa Cruz  
**425-5211, ext. 122**

**Mary Olofson**  
Psychic Bio-feedback  
Auric and Tarot Reading  
Creative Futures  
Carmel  
**624-9614**

**Zoe Fridlund**  
Transpersonal Counseling  
Carmel  
**624-4955**

**Carol Terry**  
Hypnosis and a practical  
approach to metaphysics  
Carmel  
**624-0123**

**Jona Dae Whiteagle**  
I Ching Consultations  
Master of Divinity  
S.I. Theological Seminary  
230 30th Ave.  
Santa Cruz, CA 95062

**The Witching Well**  
Magical teachings and supplies  
Insight through Tarot  
(by appointment or cassette)  
Spells and charms  
Inspirational music  
Women's rituals  
**423-7639**

## SUPPORTIVE HEALTH SERVICES

### Practitioner—Educator

**Elizabeth Barajas-Freeman**  
Vision Development Institute  
Reading focus/Distance focus  
Santa Cruz Area  
**476-8081 (Tues-Fri)**

**Beth Beurkens, MC, NHE**  
Wholistic Dream Educator  
DREAM WORKSHOPS  
Classes & Individual Sessions;  
Vital Field Polarity Therapy  
& Creative Visualizations  
Aromas, CA 95004  
**724-1482**

**John Cagle**  
Color Science Institute  
Blue Print for Color Therapy  
Color Breathing with Colored  
Filters. Musical Horoscope  
associated with Soul Colors.  
Chart on colors to wear. Send  
birthdate to: Color Science  
Institute, Palo Colorado,  
Carmel 93921

**John E. Cashman**  
B.S. Recreational Therapy  
Pacific Grove  
**649-1628**

**Gerda Devendorf**  
Yoganomics. Integrate body  
and mind. Ongoing classes  
Mon.-Wed.-Fri. 9 a.m.-10:30  
a.m. Tuesday 7-8:30 p.m.;  
Thursday 7:30-9 p.m.  
**373-5346**  
**372-7326**

**Alida de Jong, MA MT**  
Nutrition and lifestyle  
counseling. Computer, blood,  
hair analysis. Energy balancing  
and intuitive development.  
Workshops and classes in  
healing, self-care and nutrition.  
3152 Mission Drive, Santa Cruz  
**475-4578**

**Catherine Elber**  
Classes in Tai Chi Chih  
**624-0835**

**Mary Jane Hennessey**  
R.N., M.A.  
Biofeedback, Clinician, Health  
Educator, Stress Reduction  
Carmel  
**624-1908**

**Abigail Kaehler**  
Rebirthing, Private Instruction  
Prenatal Yoga after rebirthing  
Carmel Valley  
**659-2992**

**Ray Meyerson**  
Career Counselor and  
Business Consultant  
Mid-Career Changes, Marketing  
for businesses, Resume Writing  
"Career and Prosperity"  
workshops  
**429-9776 (12-6 p.m.)**

**Kimberly Peterson**  
Lay Mid-wifery  
Natural Childbirth Education  
Carmel Valley  
**659-4574**

**Edward Pio**  
Self-Hypnosis Courses  
Monterey/Aptos  
**688-6311**

**Donna K. Raicevic, R.N.**  
Holistic Nursing Practice  
Certified Massage Practitioner  
and Natural Health Educator  
Santa Cruz, CA  
**425-7089**

**Rima West**  
Discover your creativity.  
Painting, drawing mixed media  
Lyceum instructor. Studied at  
Calif. College of Arts & Crafts  
& Portland Museum Art School.  
Also Art Therapy with Joy  
Young. Experience the joy of  
creating with others. Classes at  
the artist's studio. Adult: Fri.,  
2-5 p.m.; Children: Sat., 10-1  
p.m. Private lessons available.  
Reasonable sliding scale fee.  
**625-2989**

**Rose Farm**  
Organic herbs, Herbal Wreaths  
Workshops & Herb garden  
consultations.  
Rose Buffalo—Aromas, CA  
**724-1482**

**Paula Scott**  
Aerobic Dancercise  
Basic Dance and Exercise  
Monterey  
**625-0534**

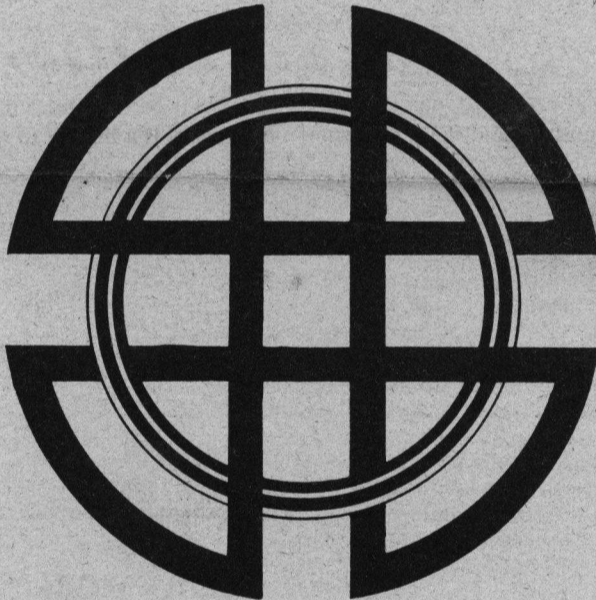
**Nancy G. Souza**  
Wholistic Educator and  
"Super-Learning" Techniques  
**372-9081**

### SPECIAL THANKS TO:

## All Those Who Bought Subscriptions Last Month

Mary Whittier for her generous contributions to  
the Wellness Center for our general operating  
fund and for our Men's Day Workshop.

Dr. Fritz Smith of Watsonville for his contribu-  
tion of a Saxon III copy machine for use in our of-  
fice.



## Joni Caldwell Will Speak On "The Art of Saying No"

Tuesday • June 29  
Monterey Public Library  
7:30 p.m.

A Wellness Center Sponsored Event



"If you can't say no, you can't  
say yes to life."

Joni C.

### Educational Resources

**Berkeley Psychic Institute  
of Santa Cruz**  
Psychic Aura Readings  
Healings, Classes  
**429-6166**

**Birthcenter**  
Monterey Peninsula  
P.O. Box 1108  
Pacific Grove, Calif. 93950  
**649-8118**

**Buddhist Center**  
Santa Cruz K.T.C.  
135 Belmont St.  
Santa Cruz, CA 95060  
**426-8444**

**Childbirth Education League  
of the Monterey Peninsula**  
24 hour answering service  
and hotline — Carmel  
**375-5737**

**Cornucopia West**  
Consciousness growth center  
based on Key Keyes' Handbook  
to higher consciousness  
4101 Fairway Dr., Soquel  
**475-9880**

**Hospice Resource Center**  
Books, Mags, Pamphlets &  
Tapes on: Hospice What It Is,  
What We Do, Cancer (general  
info), Cancer Treatment,  
Alternative Therapy, Stress  
Reduction, Relaxation/  
Visualization  
165 Webster St, Monterey  
Mon: 9 a.m.-7 p.m.  
Tues.-Fri.: 9 a.m.-5 p.m.  
**649-1772**

**Neuro-Linguistic  
Programming**  
Communications Seminars  
Consulting Programs  
For Professionals & Lay People  
Mission Street — Santa Cruz  
**423-9820**

**Sri Anandamayi Ma**  
All available publications  
on SRI MA's life and teachings.  
Photographs, information. Free  
catalog: Matri Satsang, c/o  
2103 Holcomp, Yuba City,  
CA 95991

**Mt. Madonna Center**  
For the Creative Arts & Sciences  
P.O. Box 51  
Watsonville, Calif. 95077  
**847-0406**  
**722-7175**

**Santa Cruz Wholistic  
Health Center**  
•Chiropractic •Homeopathy  
•Metabolic Therapy •Polarity  
•Massage •Colon Therapy  
•Ortho-Bionomy •Herbology  
•Primary Problem Therapy  
Certifice Practitioner Programs  
Hot Tubs and Sauna  
**425-7174**

**Source School of Yoga**  
P.O. Box 1207  
Camrel Valley, Calif. 93924  
**646-9375**

**Tel-Med**  
is a free telephone tape library of  
243 health messages—to obtain  
one of our new brochures, call  
Community Hospital of the  
Monterey Peninsula  
**624-1999**

**Twin Lake College  
of the Healing Arts**  
Formerly Heartwood  
Santa Cruz  
**476-2152**

**University for Man**  
Classes in Personal Growth  
Health and others of  
general interest  
**373-2641**

**University Without Walls**  
Degree Programs  
P.O. Box 5111  
Carmel, Calif. 93921

**Xploelectra**  
A health and social ecology  
group working to develop model  
programs for the innovation of  
hostel facilities and for the  
integration of Holistic health  
diagnoses with programs that  
treat drug addiction and  
alcoholist. Xploelectra is  
also a lobby for *International  
Year of the Explorer 1984*  
Q-111 School Street  
Santa Cruz 95060

### Health Products and Nutrition

**Arthur Ellis, Rep.**  
Supernutrition High Energy  
Health Maintenance System  
and Dr. Hills Light Force  
Spirulina nutrition and beauty  
products water purifiers-negative  
ionizers-P.O. Box 2386  
Carmel, CA 93921  
**624-4016**

**Arthur's Healthway House**  
578 Houston St.  
Monterey  
**372-1716**

**Ayurvedic Gemstone  
Remedies**  
Mail Order  
160 18th Ave.  
Santa Cruz, CA 95062  
**475-1181**

**The Bean Sprout**  
29 issues of a newsletter  
featuring recipes using no  
added fats, sugar or salt. Articles  
by a local M.D. and others  
excerpted from related  
publications. Sample copies  
with self-addressed stamped  
long envelope to Susan Braff  
7 Wilgart Way  
Salinas, Calif. 93901  
**758-4736**

**Carmel Health Shop**  
San Carlos and 7th, Carmel  
**625-1262**

**Carmel Valley Natural Foods**  
Village Center  
Carmel Valley  
**659-2811**

**Cornucopia Natural  
Foods Store**  
Bulk grains—Vitamins—Herbs  
Organic Produce—Raw Dairy  
Nutritional Supplements  
3690 The Barnyard, Carmel  
**625-1454**

**Sally Dinwiddie**  
Vitamins, Minerals, Herbs  
Nutritional programs for the  
Body, Skin, Hair. SUNASU  
Products Distributor  
Pacific Grove  
**372-3672**

**Herbarium**  
Fully-stocked Herb & Spice Co.  
602½ Lighthouse Ave.  
Monterey  
**375-6313**

**Massage Tables**  
Piscis Productions  
Loving Hands  
Local Distributor  
Bo Cooper, P.O. Box 1759  
Santa Cruz, CA 95061  
**429-1461**

**Natural Food Center**  
950 Del Monte Shopping Center  
Monterey  
**375-2188**

# Shop Talk

By JOHN SANDERSON

GOOD NEWS! Wellness Support Groups to start soon. I'm pleased to announce that the Wellness Center is proceeding along quite well both in the development of the concept of "wellness" and in creating ways to make wellness work as a lifestyle. One of the ways to make wellness work is to participate with people who support you in your choice to be well. If you are having trouble deciding just where or how to start then you might consider being a part of a *Wellness Support Group* sponsored by the Wellness Center staff and Health Net members. I envision such a group meeting weekly for two to three hours and spending that time in dealing with the many aspects of well-being: nutrition and proper food habits, physical fitness and conditioning, stress management—finding the calm in the center (of the storm) and spending time getting in touch with the essence of your existence—your spirituality. If you have an interest in such a group, please contact the Wellness Resource Center and John Sanderson for more information.

NETWORK UPDATE—For those practitioners who have not yet filled out one of our Practitioner profile information forms, please do so soon—as it helps us in providing more accurate information regarding your skills, education and experiential background to individuals who are in need of services.

Recently, I had the pleasure of receiving a "psychic tarot" reading from Raye Allen of Trifinity Enterprises. The reading was most helpful to me as it gave a needed perspective to both my personal life and to the life of the Wellness Center. I felt Raye to be most perceptive and professional in working with me.

This is not the usual type of request, but I feel the need to ask any readers who might know of a place to live in the Carmel or mid Carmel Valley area to please let me know as the house I have been living in for the past seven years near the village in Carmel Valley has been sold. My work at the Wellness Center has meant spending a great deal of time in town and I would like to be closer to work.

MEN'S DAY IN MONTEREY, a jointly conceived project which evolved out of two separate Men's Support Groups and which is being sponsored by the Wellness Center, has been set for Saturday, June 19 at Monterey Peninsula College. The day long event which will begin at 9 a.m. and is scheduled to last until 5 p.m. and will offer workshops lead by Ed Ross and Ralph Retherford will give those men attending an opportunity to explore and discuss various aspects of masculinity with other men in a supportive environment. Workshop leaders are donating their time to make what we hope will be the beginning of several such conferences. Interested men can contact the Wellness Center to pre-register. A \$20 fee will be charged for the event and will include lunch.

## Psychologists

**Roy Auerbach, Ph.D.**  
Psychotherapy & Counseling  
Transpersonal and traditional  
for adults, children, couples and  
families. Using journal writing,  
psychosynthesis imagery, the  
creative arts.  
Pacific Grove  
646-9330

**S. Randolph Berlin, Ph.D.**  
Clinical Psychologist, Individual  
and Family Psychotherapy  
Pacific Grove  
375-5410

**Tom Bishop, Ph.D.**  
Clinical Psychology & Diagnosis  
Specializes in Child, Family and  
Adult Psychology  
Pacific Grove  
649-0651

**Robert Magnelli, Ph.D.**  
Clinical Psychology  
Psychodiagnosis  
Consultant for Child, Adults  
and Families  
Pacific Grove  
373-5403

## BODY WORK

**Paul A. Andrews,  
MH, ND**  
Manipulation Therapies  
Electro Acupuncture-Non Needle  
Botanicals-Bach and California  
Flower Remedies  
Pacific Grove  
646-8929

**Edgar Ross, Ph.D.**  
Psychotherapy with a  
Humanistic Transpersonal  
orientation  
Carmel  
624-8061

**Yonkel Goldstein, Ph.D.**  
Individual, Family and  
Group Psychotherapy  
Aptos  
662-3283

**Body Shapers  
Lonnie Thomas**  
Gravity Inversion Boots  
Mini and full size Trampolines  
Wachter's Organic Sea Products  
Related products for the  
promotion of your well-being  
724-4395, ext. 2  
462-6053 (Thurs./Fri.)

**Beth Beurkens, MA, CMP**  
Polarity Therapy, Reflexology,  
Dream Work and Creative  
Visualization  
Aromas, CA 95004  
724-1482

**Martine Bittman**  
Esalen Deep Tissue Work  
Massage  
667-2459  
667-2335 (messages)

**Joani Cecil**  
Non-specific nutritional  
counseling; Therapeutic  
Massage  
Santa Cruz Wholistic  
Health Center  
425-7174

**Joni Caldwell, MA, CMT**  
Swedish, Esalen, Trager  
Touch for Health balancing and  
Connective tissue, Nutrilite  
Distributor — Monterey  
375-8333

**Catherine Elber**  
Classes in Tai Chi Chih  
Private & Group Instruction  
Since 1975 — National  
& International  
Workshops  
624-0835 (messages)

**Julie Hall, CMT**  
Jin-Shin-Do Acupressure  
Body-Mind Integration  
Santa Cruz  
425-1913

**Jacqueline Hudson, CMP**  
Therapeutic Massage & Polarity  
Sliding Scale Fee  
Carmel  
624-3589

**Kris Ihli**  
Jin Shin Do acupressure  
and soft structural work  
462-2447

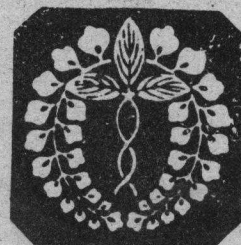
**Danielle R. Judge**  
B.A. Psychology  
Movement Therapist with  
background in Reichian,  
Bio-Energetic & Gestalt  
techniques  
625-5508 (message referral)

**Diane Miller Lesty**  
Anna Halpins natural  
movement, visualization  
Esalen Massage  
Big Sur  
667-2537 a.m. & night  
667-2335 messages

**Carol Long, MA, MLS, MsT**  
Swedish & Shiatsu Massage  
Touch for Health, Rebirthing  
Health & Weight Control  
Counseling  
Wachter's Distributor  
Santa Cruz  
425-7463

**Lawrence Martin**  
Sympathizing with athletic  
persons, Swedish massage  
therapy  
625-5508 (message referral)

**Jason Mixter**  
Advanced Rolfer, Certified  
Rolf Movement Teacher  
Carmel Valley  
659-5108



**Meigra Mixer**  
Massage-Rolf Movement  
Education  
Nova Nutritional  
Products Distributor  
Carmel Valley  
659-5108

**Jerry Paup**  
Aston-Patterning  
New painless style of deep  
tissue & movement education  
Also Massage  
Santa Cruz  
462-0725

**David Pilati**  
Esalen massage, Esalen  
Community Member  
Monterey and Big Sur  
667-2117  
667-2335 (messages)

**Linda Podosek, CMT**  
Jin Shin Do Acupressure,  
Polarity, Therapeutic Massage  
Rebirthing, Nutritional  
Counseling  
Capitola  
462-2110

**Michael Purcell, MA**  
Classes in Feldenkrais  
Awareness Through Movement  
Individual instruction in  
posture alignment and move-  
ment — Carmel  
624-7381

**John Sanderson, C.M.P.**  
Structural Acupressure-Energy  
Balancing-Integrative Massage  
Carmel Valley  
659-2056

**June Y. Schwartz, MA**  
Breath Coach  
Teachers: Reichian work with  
Philip Curcuruto, Rolf, Perls,  
Satir, Selver-Brooks  
624-3355  
624-2457 messages

**Wolfgang Seitzer**  
Massage and Hydrotherapy  
Spa Fitness Center  
Monterey  
373-3793

**Cynthia Rogers-Silverman**  
Certified Rolfer  
Santa Cruz Area  
426-1412

**Ellen Stevens**  
15 years Body Work Experience  
Approved Teacher of Sensory  
Awareness  
Pacific Grove  
372-0593

**Richard Stratman**  
Certified Rolf Practitioner  
Monterey and Big Sur  
667-2187

**Judy Song**  
Polarity Therapy, Shiatsu and  
Deep Tissue Massage  
Carmel Valley  
659-4702 eve (should call)  
625-4604 day

**Toi Taylor, RN, CMP**  
Massage  
All inquires welcome  
372-8371

**Claudia Treadwell**  
Massage for Women  
Shiatsu - Stress  
Reduction - Music  
Therapy  
Carmel Highlands  
624-3801, ext. 314  
624-8220

**Lori Singleton Zobler**  
CMP, Integrating Accupressure,  
Swedish, Reichian energy,  
balancing, Reflexology, Polarity  
Structural patterning.  
Treatments offered to  
women and geriatrics  
Monterey  
373-6353

**Mario De La Garza, RST, BS**  
Pastoral Counseling  
Goals Clarification  
Professional Speaker  
Miracles Community Church  
373-5861

**Yonkel Goldstein, Ph.D.**  
Individual, Family and  
Group Psychotherapy  
Aptos  
662-3283

**Linda Rose-Haley, MFCC**  
License 8640  
Counseling & Psychotherapy  
Individual, Couple, Group  
Problem Solving, Stress  
Management, Conflict  
Mediation and Resolution  
Santa Cruz  
427-0150

**Steve Hasenberg  
MA, MFCC**  
Brief goal oriented therapy  
with individuals, couples and  
families. Orientated toward  
behavioral change and personal  
fulfillment of desires  
625-5747

**Ruth Hatch, MFCC**  
Certified hypnotist, depression,  
creative blocks, crises in faith  
Carmel  
625-5508

**Robin Keeler, LCSW**  
Gestalt, Marital Counseling,  
Individual Counseling  
Anra Balancing  
Seaside  
899-5347

**Ken Kramme, MFCC**  
Individual, Marital, Family  
Therapy; Hypnosis; School-  
Home Consultations  
Monterey and Salinas  
646-0117

**Barbara Licht-Greenberg  
M.F.C.C. — #MH16969**  
Individual, Couple  
Counseling, Women's Groups  
375-8111

**Gaea Logan-Hines, MA**  
Individuals, Couples and Groups  
A safe and supportive environ-  
ment to explore personal issues,  
options and choices.  
Sliding fee scale.  
1-688-0520 - Aptos

**Jed Linde, MA, MFCC**  
Lic. #M15961  
Individual, Marriage, Family  
Traditional and Transpersonal  
Counseling and Therapy  
Carmel Valley  
659-4954

**Diane Miller Lesty**  
Gestalt, Visualization  
Hypnosis - Individual  
and group work  
Big Sur  
667-2537 a.m. & night  
667-2335 messages

**Patty Pearl Meyer  
Stephen Meyer**  
Ph.D. Candidates  
Couples-Individuals-Groups  
Counseling and Healing from  
the Heart. On-going series  
for couples and individuals  
working on Relationships.  
Sliding fee scale  
Aptos  
688-8088

**Linda Nations, MFCC**  
Individual Couple, Family &  
Group Psychotherapy,  
"Emphasis on claiming your  
personal power to keep yourself  
healthy, happy and in charge of  
your life."  
Upper Circle  
Carmel Valley, 93924  
659-3392

**Ralph Quinn, MFCC**  
Gestalt Therapy; On-going  
groups for men and women  
Aptos  
688-9284

**Mackie Ramsay, MSW**  
Counseling with a Holistic  
Approach-Gestalt/Assertiveness  
Training  
Monterey  
373-1024

**June Y. Schwartz, MA**  
Body Work, Breath Coach  
Groups for Women  
624-3355  
624-2457 messages

**Sidney Ramsden-Scott, MA**  
Individuals & Group  
Humanistic & Transpersonal  
Therapy Techniques  
625-2745

**John Sanderson, MFCC**  
Counseling and psychotherapy—  
an integrative approach, support  
groups and therapy for men.  
Carmel Valley  
659-2056

**Marcia P. Smith, LCSW**  
Psychosynthesis Counseling-  
An active process of personal  
change encompassing personality  
harmonization, balancing  
awareness and action and the  
integration of transpersonal  
consciousness into every day life  
Carmel Valley  
659-2956

**Janet Steinberg, MA**  
Art Therapy  
Contacting the source of well  
being. Through spontaneous  
painting, we nurture the  
unknown elements of our nature.  
As these elements emerge into  
personal symbols, new attitudes  
arrive. This is health giving  
and restoring  
Carmel Valley  
408-659-5118

**Dr. Charles R. Stotler**  
Psychological Counseling  
Services-Children, Adults  
Couples, Groups  
Monterey  
373-8261

**Suicide Prevention Center  
of Monterey County**  
24-Hour Crisis Lines  
Staffed by trained and caring  
volunteers for people in crisis  
649-8008, 424-1485

**Judy Tatelbaum, MSW**  
Licensed Clinical Social  
Worker. Gestalt Therapy, Grief  
Counseling and Psychic Reading  
Carmel Valley  
659-2270

**Dr. Barry Vissell, M.D.  
Joyce Vissell, R.N., M.S.**  
New Age counseling and  
psychiatry; transformational  
medicine. Free evening classes  
Couples and Individuals  
Aptos  
688-6666

**Molly Thompson, MFCC**  
Individual and Family Therapy  
Emphasis on cognitive and  
emotional synthesis and change.  
Recognition of self's natural  
okeyness. Also, specializing in  
Drug/Alcohol counseling,  
conflict between parents and  
teenagers  
and depression.  
Monterey  
372-8364

## Supportive Organizations

### Audio-Playbacks

Lecture & Conference Taping  
Cassette Duplication  
Carmel  
Sarah - 624-4955

### Behavioral Sciences Institute

Nutritional Counseling  
Psychotherapy, Biofeedback  
Monterey  
375-4181

### Carmel Country Spa

Programs for Weight-reduction  
Swimming, Jacuzzi, Professional  
Massage, Yoga Classes, Aerobic  
Classes, Nutritional Counselor  
Carmel Valley  
659-3486

### Family Resource Center

Private non-profit agency  
offering support to parents  
Seaside  
394-4622

### Hospice of the Monterey Peninsula

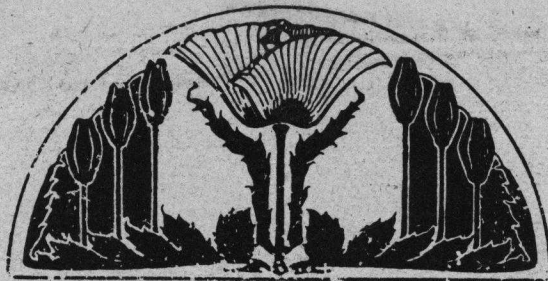
Supportive services for cancer  
patients at home  
625-0441

### Miracles Community Church

Omni-denominational Church  
Mario De La Garza, R.S.c.F.  
373-5861

### Mission Home Health, Inc.

Home Care-Home Management  
Special Care for the Elderly  
Children, Convalescent, Hand-  
icapped—Our Employees are  
bonded and insured for your  
protection. Nurses, Aides,  
Childcare, Companions, Home  
Managers. A few days—  
A few hours—A few weeks.  
373-3444



# Can You Heal Yourself

By JOHN SANDERSON

## Notes on self-help healing techniques:

YES! You can and indeed have healed yourself many times. You are doing that right now even though you may not be aware of that process consciously.

## Successful self-healing depends on:

1. Your attitudes about, belief in, and willingness to accept the responsibility for, creating your own reality.
2. Giving yourself permission to create that new positive reality, i.e., being your own best friend and your own mother and father.
3. Your ability to explore, experience and eliminate your blocks to getting well. Dealing with your power to create the present will help to

eliminate your attachments to the past.

4. Getting a perspective on your current mental, physical, emotional and spiritual state of being. How often do you feel good about yourself? How often do you feel unworthy?

5. Letting your sickness, pain or upset be your teacher. It has something very important to tell you so please listen to it's message.

6. Confronting your fear as often as you can from a place of strength and support.

In healing yourself, give yourself as much nurturing support from yourself, your friends and various professionals as you possibly can Indulge yourself with love!

### Monterey Peninsula Youth Project

•24 Hour Crisis Line  
•Counseling •Alcohol  
•Drugs •Youth •Families  
373-4773

### Natural Childbirth and Family Care Institute

Education for couples to have  
babies at alternative birth centers  
at CHOMP and Natividad  
899-3468

### The New American Health Plan

A booklet from the  
Healthful Living Center—  
The purchaser of TNAHP is  
guaranteed better health within  
90 days or their money will  
be refunded.  
P.O. Box 872  
Santa Cruz, CA 95061  
429-3020

### Rape Crisis Center

P.O. Box 862  
Support & information to rape  
victims. Accompany to police,  
hospital & court procedures.  
Emotional support to family &  
friends of victims. Educational  
programs for the community.  
24 hour crisis hotline, 375-HELP  
373-3955

### Universal Spiritual Center for Wholistic Ecology

Join us for health, happiness  
and unity through loving  
mystical relations.  
480 Watson St.  
Monterey, CA 93940  
373-5218

### The Weight Place

A personalized nutritional  
approach—free consultation  
Monterey  
646-1571

