CAMFT CHAPTER SPOTLIGHT

A Family Legacy of Healing, Service, and Chapter Commitment

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From a very young age, I knew I wanted to help people. As a child, I dreamed of becoming either a professional singer or a psychotherapist. I studied music throughout my teenage years and performed into adulthood, and while my love of music continues to be an important part of who I am, it was always clear that psychotherapy would become my life's work.





Helping others runs deep in my family. My mother, Patricia Bay, PsyD, LMFT, has been a psychologist since 1979. My father, Richard Bay, was a dedicated family law attorney and a federal judge before he passed away in 2016. Growing up in a household where both parents were deeply committed to serving others had a profound impact on me. I witnessed firsthand what it means to live with compassion, dedication, and purpose. Their work inspired me—not to replicate their paths but to follow in the spirit of their service.

My mother's influence was especially formative. She is an extraordinary therapist, supervisor, author, trainer, and speaker. Over the course of her decades-long career, she has cultivated a thriving private practice, trained countless clinicians, written books, produced a globally followed therapy podcast, and developed continuing education programs as a CEPA CE provider. She even had a psychoeducational television show for a few years. In 2024, she received the Mary Riemersma Distinguished Clinical Member Award, just one of many well-earned honors she's received. The example she set wasn't just impressive, it was deeply motivating.

As soon as I graduated from high school, I started down my own path toward becoming a licensed marriage and family therapist. I earned my master's degree in psychology from California Southern University, graduating *cum laude* in 2013, and went on to open my private practice, Heal Your Heart Therapy, in Redding six years later. Since then, the practice has grown steadily. In addition to working with clients, I serve as a certified supervisor for the associate therapists I employ, provide continuing education as a CEPA CE provider, serve on CAMFT's Chapter Advisory Council board, and speak publicly on a few mental

health topics. I'm also writing several books to broaden the reach of this work. I am proud to say that I'm not just following in my mother's footsteps—I'm walking my own path alongside hers.

In 1994, my mom and a few respected colleagues founded our local CAMFT chapter, the Redding Regional Chapter (RRC-CAMFT). As I was growing up, I had the privilege of watching the chapter take root, evolve, and flourish. Over the years, my mom held nearly every position on the board, and she remains active with the chapter to this day.
A member myself for many years, I joined the RRC-CAMFT board as president in 2023 and served in that role for two years. I now continue to support the board as past-president.

These past few years, my mom and I have made the CAMFT Annual Conference a trip we take together. It's a fun way to connect with one another as well as network and participate in some fantastic trainings. Although we couldn't attend this year's conference in person (I had just welcomed a newborn), I was honored to be featured as an on-demand speaker for the event.

Being involved with the Redding Regional Chapter has been deeply rewarding. It's a full-circle experience to be contributing to something I once observed as a child. Through local meetings and the annual CAMFT conferences, I've been able to connect and collaborate with clinicians from around the state. Serving on the board has given me invaluable insight into the inner workings of chapter leadership and the commitment it takes to sustain a vibrant professional community.

The work I do—whether it's with clients, associates, or the broader professional community—is rooted in a simple but powerful belief: Healing is possible. I've seen it, lived it, and helped others find it. I am grateful every day to be doing work that not only fulfills me but also continues the legacy of care, dedication, and service that was modeled for me from the very beginning. This is truly a family legacy, and I am beyond grateful for the entire experience, as well as for the platform of growth, learning, and networking provided by our local CAMFT chapter.









Nominations for CAMFT Honors and Awards

Deadline to apply is November 7, 2025

Nominations are now being accepted by the Honors Committee for the Mary Riemersma Distinguished Clinical Member, Honorary Distinguished Member, Clark Vincent Award, and Outstanding School or Agency Award. Recipients will be recognized at the 2026 CAMFT Annual Conference. If you are aware of individuals who are deserving of these awards, please complete a nomination form and return it to CAMFT. (See below for submission details.)

Mary Riemersma Distinguished Clinical Member

A Distinguished Clinical Member is a clinical member who has given outstanding service in the field of marriage and family therapy and the California Association of Marriage and Family Therapists. The recipient must be engaged at the time of nomination in the advancement of marriage and family therapy. Nominees are required to have been clinical members of CAMFT for two years. In addition, nominees are required to have five years of experience following licensure as an LMFT. Distinguished Clinical Members can be nominated by any CAMFT member. The nominations must be in writing and submitted to the Honors Committee, which will then make its recommendations to the CAMFT Board of Directors. The board makes selections by a two-thirds majority vote.

Honorary Distinguished Clinical Member

Only a non-member may receive this award for making an outstanding contribution or providing an outstanding service for marriage and family therapists. This title is an honor and does not entitle the holder to the privileges of membership. Nominations for this award must be made in writing by a CAMFT member. Nominations are to be submitted to the Honors Committee, which will make recommendations to the CAMFT Board of Directors. A two-thirds majority vote of the board is required.

Clark Vincent Award

The Clark Vincent Award honors a literary or research contribution to the profession of marriage and family therapy. Nominations for this award are to be in writing and submitted by eight clinical CAMFT members to the Honors Committee, which will make recommendations to the CAMFT Board of Directors. A two-thirds majority vote of the board is required.

Outstanding School or Agency Award

The Outstanding School or Agency Award seeks to recognize an outstanding school or agency. Any CAMFT member may nominate or recommend a school or agency for recognition. Nominations are to be submitted to the Honors Committee, which will make recommendations to the CAMFT Board of Directors. A two-thirds majority vote of the board is required.

To submit a nomination go to **www.camft.org/honors**. Nominations will be accepted until November 7, 2025, for consideration by the Honors Committee. If you have any questions, please contact CAMFT at (858) 292-2638 or via e-mail at honors@camft.org.