



DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

At the start of a new training year, much is familiar: welcoming new intern-therapists, supervisors and trainers; inviting referrals and getting our outreach

programs underway.

Yet as everyone is aware, recent changes in national policies have altered the way health care organizations operate, and CIP is no different. Because of the Affordable Care Act (ACA), CIP has had to adapt to new regulations, even as we continue to provide our many successful programs in the community.

A central element of the ACA is greater parity between medical and mental health care. This is an important change. Not only because many more people can access the care they need more easily and earlier, but because it is a significant step toward de-stigmatizing mental health issues, mental disorders, and those whose lives are affected by them.

Also important, we are continuing to learn about the personal and environmental factors that can help protect individuals and families from emotional disorders, and about risk factors that contribute to poor mental and physical health. Among the most essential is the presence of family and community support and availability of resources.

As we, as a community, come together to invest in providing both support and resources to strengthen protective factors and diminish the impact of risk factors for children and families, we will see tremendous benefits in our school environments, workplaces, and neighborhoods.

REFERRALS, NEW CLIENTS WELCOME

We are pleased to announce openings for new clients interested in short- and long-term counseling and psychotherapy, thorough assessment, adult support and therapy groups, and psychological testing. Our comprehensive services for couples, individuals, and families are available on a sliding scale fee basis. Private insurance, MHHS Medi-Cal and Partnership Health Plan/Beacon are accepted.

Counseling is provided by qualified intern-therapists and licensed therapists with a diverse range of expertise and experience in crisis intervention, relationships, parenting, life and career changes, self-esteem issues, women's and men's issues, loss and grief. We work with depression, anxiety, trauma, PTSD, dual diagnosis, addictions and in-depth work with clients with axis II disorders. We stress cultural sensitivity and care for the whole individual, enabling clients to embrace their strengths and resolve problems in order to live with more purpose and passion.

- Individual and Family Therapy
- Adult Therapy Groups
- Couples Therapy Program
- Eating Disorders Therapy Program
- Psychological Testing
- Supervised Visitation
- Support for Single Parents and Their Children
- Support for Survivors of Childhood Abuse

Each year, CIP receives client referrals from a variety of sources, including public and private agencies, hospitals, schools, churches, and professionals. Many come to CIP on the recommendation of friends or family. To make an appointment, call (415) 459-5999 ext. 102.

CIP JOINS THE 2014 MARIN HUMAN RACE!

On May 10, CIP's team of energetic interns and staff walked and ran the 5k Marin Human Race at the Civic Center in San Rafael to raise awareness and vital funding for our mental health services. Thank you to our donors! (see page 4)



Congratulations to Team CIP! L-R Standing: Cameron Osborne, Aimie Jory-Hile, Mark Edwards, Robin Joy Berenson, Paula Sitelman, Arley Lindberg, Robert Johnson, Cary Ann Rosko, Erik Monkhouse, Hayley Dawson. Seated: Caroline Keystone, Christine Donohue, Janice Silva, Kasia Kanska.

STAFF UPDATE

INTRODUCING SHIRA MARIN, PhD, LMFT

CIP is pleased to welcome Dr. Shira Marin as Program Director of our Schools Project for Disadvantaged Students at Risk and Wisdom Warriors School-Based Groups. We have asked her to provide a little information about her background and interests in her work at CIP.



Having been in private practice for most of my professional life, stepping into my capacity as Clinical Supervisor and, then, Clinical Trainer at CIP has added a nicely rounded and an unexpectedly rich dimension to my professional experience. At the beginning of my association with

the agency, I immediately became aware that CIP values and seeks to engender community spirit among its members. With this shared value, CIP inspired me to engage more fully.

In my present work at CIP, I have come to appreciate the depth and complexity of the challenges that face the administrative directors in order to reap considerable rewards: dedicated training and guidance of interns and quality service to the Marin population. With a keen interest in both K-12 education and the clinical training of budding therapists, the opportunity to work with interns who interface with the schools intrigued me.

I am pleased to take CIP's position as Director of the Schools Program through which I can serve the agency, the students in the schools, and the interns' development and wellbeing. I look forward to participating in the vitality of CIP and bringing my background in mindfulness-based models of education and clinical intervention to my new position and, from this vantage point, to serve the community well.

CLINICAL STAFF

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Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS
Christine Donohue, LMFT
Mark Edwards, MS, LMFT
Paula Sitelman, PsyD

DIRECTOR OF PRE-DOCTORAL AND POST-DOCTORAL PROGRAM
Paula Sitelman, PsyD

COORDINATOR, CIP PROFESSIONAL DEVELOPMENT SERIES
Mark Edwards, MS, LMFT

COORDINATOR, INTERN TRAINING PROGRAM
Christine Donohue, LMFT

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Paula Sitelman, PsyD

DIRECTOR OF THE CBT AND DBT GROUP THERAPY PROGRAM
Robert Reiser, PhD

DIRECTOR OF COUPLES THERAPY PROGRAM
Pat Shelton, PhD, LMFT
Marianne Stefancic, LMFT

DIRECTOR OF CANAL ALLIANCE YOUTH COUNSELING PROGRAM
Lori Rifkin, PhD

DIRECTOR OF EATING DISORDERS PROGRAM & EMBODY POWER PROGRAM
Lois Friedlander, PhD

DIRECTOR OF SCHOOLS PROJECT
Shira Marin, PhD, LMFT

DIRECTOR OF WISDOM WARRIORS PROGRAM
Shira Marin, PhD, LMFT

DIRECTOR OF SENIOR ACCESS PROGRAM
Jen Tripathy, LMFT

DIRECTOR OF SUBSTANCE ABUSE OUTREACH PROGRAMS
Belinda Ryland, LMFT

SUPERVISION OF PSYCHOLOGICAL TESTING PROGRAM
Barbara Nova, PhD

(continued on page 5)

CLINICAL STAFF (con't)

Clinical Supervisors

Lonnie Barbach, LMFT
Martin Block, PhD
Eileen Brown, LMFT
Jennifer Cari, LMFT
Laura Foster Collins, LMFT
Jane Cunningham, LMFT
Ralph Daniel, PhD
Cara DeVries, LMFT
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Mary Spillsbury, MA, LMFT
Steve Sulmeyer, JD, PhD
Priscilla Taylor, PhD, LMFT
Maysie Tift, LMFT
Karen Weinberger, LCSW

Intern-Therapists

Lorretta J. Abbott, MS, MFTI
Nalini Calamur
Catherine Greene
Lena Grintsag
Chris Guthrey, MA
Ruth Horton, MA
Kristi Hudson, MA, MFTI
Robert Johnson
Aimie Jory-Hile
Jen Joseph
Caroline Keystone, MA
Lucy Klein
Larissa Laska-Ruebusch, MA
Arley Lindberg, MSWI
JoAnne MacTaggart, MA
Katarzyna "Kasia" Kanska, MA
Samantha Russell
Blanca Sanchez
Brooke Spezzano, MS, MFTI
Nadia Thalji, MA
Michelle Zody, MA

TWO NEW OUTREACH PROGRAMS BEGIN THIS MONTH

CIP is proud to announce participation in two programs dedicated to increasing access to care for vulnerable populations: the California Reentry Program at San Quentin and the RotaCare Program in San Rafael. CIP intern-therapists will provide three hours of counseling a week at each site on a pro bono basis.

California Reentry Program at San Quentin

The mission of the California Reentry Program is to assist California prisoners in successfully reentering society. This includes developing parole plans; providing prisoners assistance with developing social skills and obtaining services in their local communities; promoting public support for such programs; and providing a model for reentry programs that can be replicated in California and elsewhere. The program began in 2003, becoming available to all San Quentin residents in 2004. Today the program has approximately 25 volunteers and serves approximately 150 to 200 per month.

CIP intern-therapist's role will be to provide one-on-one counseling at San Quentin for prisoners preparing for release, with an emphasis on case management to assist inmates in making a successful transition. Social skills, such as communication skills, important in obtaining employment, and how to access needed support services will be emphasized.

RotaCare Program

RotaCare is a nonprofit corporation formed for the purpose of providing free medical care to people who have the most need and the least access to medical services. It is a coalition of physicians, nurses, pharmacists, social workers, interpreters/translators and other volunteers who provide free medical care to the medically underserved in a collaborative effort with Rotary Clubs, hospitals, clinics, community and social service organizations and service groups.

The San Rafael RotaCare Clinic treats patients with minor illnesses or injuries. Each month specialty clinics are conducted with specialists in dermatology, psychology, neurology and podiatry. After an initial visit with a RotaCare doctor, referrals will be made as appropriate.

CIP intern-therapist's role will be to provide counseling to uninsured and underinsured adults. It is anticipated that there will be a wide range of issues among clients, including depression, anxiety, abuse, and trauma. When indicated, clients will be referred for additional services in the community, which may include continuing services at CIP's clinical offices.

Ongoing CIP Off-site Programs

During the 2014-2015 training year, fourteen intern-therapists will provide services through off-site collaborations with Marin public schools and other community-based organizations. Besides the two new programs, these include The Schools Project for Disadvantaged Students at Risk, Wisdom Warriors School-based Groups, the Helen Vine Detox Center Program, Canal Alliance After-school Youth Counseling Program, and Senior Access Program.

CIP's off-site programs have the advantage of providing services to clients at sites where they already receive services, eliminating many logistical barriers and additional overhead expense, and avoiding duplication of services. It has been shown that providing mental health services enables individuals and families to gain greater benefit from concrete services provided by collaborating partners.

Learn more about CIP programs at www.cipmarin.org.

A Heartfelt Thank You to Our Donors

February 1, 2014 - July 31, 2014

We gratefully acknowledge the generous support of our donors and grantors. You make our work in the community possible! Because of you, CIP is here helping families, healing individuals, and strengthening our community. Thank you!

Individual Donors

Circle of Inspiration

Nancy Bertelsen
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Alain Pinel Realtors
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The CIP booth at the Human Race Community Village was a gathering place where people could receive a free “bear hug” from our CIP Mascot — a giant teddy bear. It was a wonderful day of community and sunshine! Thank you to our donors!

Human Race Donors

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PROFESSIONAL DEVELOPMENT SERIES 2014–2015

Creating the space for learning together in community

FALL SCHEDULE

For the complete schedule, including more information on the topics, learning objectives and presenter bios, or to register for any of our seminars and classes, please visit our Professional Development page at www.cipmarin.org or call (415) 459-5999 x101.

CIP's Professional Development Program creates opportunities for mental health professionals to enhance their personal and professional development, and enjoy an ongoing supportive network. After each seminar or class, we will host a 30-minute **Community Networking Session** for connecting and informal conversation.

SEMINAR FOR PROFESSIONALS

6 CE for LMFTs & LCSWs and 6 CE for Psychologists. \$110 early registration fee up to 10 days prior to seminar, \$120 after. CIP Member Discounts: \$75 early registration, \$85 after. Seminar held in the Creek Side Room, Calerugea Hall, Dominican University of California Campus.



ADHD: CAUSES, SEX DIFFERENCES, RISING PREVALENCE, AND EVIDENCE-BASED TREATMENTS

Stephen Hinshaw, PhD

Saturday, October 11, 2014, 9 am - 4 pm;
Community Networking Session 4 – 4:30 pm

CLASSES

4 CE for LMFTs & LCSWs and 4 CE for Psychologists. \$75 early registration fee up to 10 days prior to class, \$85 after. CIP Member Discounts: \$50 early registration, \$60 after.

Classes held at the CIP Office, 1330 Lincoln Avenue #201, San Rafael.



COUNSELING THE HIGHLY SENSITIVE CLIENT: HOW TO AVOID PITFALLS OF MISDIAGNOSIS AND LEARN NEW TREATMENT MODALITIES FOR CLIENTS WITH SENSORY SENSITIVITY

Ted Zeff, PhD

Saturday, October 25, 2014, 9 am - 1 pm;
Community Networking Session 1 – 1:30 pm



WHAT CONTROL MASTERY THEORY TEACHES US ABOUT WORKING WITH ADOLESCENTS

Michael Simon, LMFT

Saturday, November 15, 2014, 9 am - 1 pm;
Community Networking Session 1 – 1:30 pm

Community Institute for Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists and maintains responsibility for these programs and their content. Each class has been approved for CE credit by the Board of Behavioral Sciences Examiners (PCE595).

Cancellation Policy: All cancellations must be received in writing 10 business days prior to the seminar or class. We will issue a refund minus a \$10 cancellation fee.

MEMBERSHIP RENEWALS DUE

If you haven't already, now is the time to renew your membership! In addition to reduced fees for seminars and classes, CIP members receive a listing in the Annual Membership Directory (if membership completed and information received by September 15, 2014), and are eligible to submit updates about their practices, publications, or workshops.

Membership Fee: \$50 for licensed professionals; \$30 for associate (unlicensed) members.

To become a member and/or for complete information on all our 2014-2015 seminars and classes, please see the "Professional Development" page on our website at www.cipmarin.org.

SIGN UP TODAY FOR CIP'S TWO MONTHLY E-NEWSLETTERS:

Professional Development Update features

- Latest information on CIP's upcoming seminars, classes and study groups
- Member news

News & Notes offers

- Health tips and information for families and individuals
- Updates on CIP activities and upcoming events

To sign up, email admin@cipmarin.org.



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WHO WE ARE

Community Institute for Psychotherapy (CIP) is a nonprofit, tax exempt center founded in 1977 to provide high-quality, low-cost counseling and psychological services to individuals and families who don't have the resources to pay full fees for professional help. CIP offers a full range of services designed to meet a variety of needs.

We at CIP believe that through psychotherapy, training, education, and prevention, we have a vital role to play in personal and global change. We believe the healing of the individual and the healing of the planet are inseparable.

Our work is accomplished in cooperation and coordination with a wide variety of public and private agencies and individuals throughout Marin County.

Visit us at www.cipmarin.org

I ♥ HEALTHY FAMILIES, HEALTHY MARIN ONLINE AUCTION

We are excited to announce I ♥ Healthy Families, Healthy Marin, CIP's online auction January 23– February 14, 2015.

Donate today! Now through December 31, we welcome your tax-deductible auction donations. We are looking for extraordinary items that will spur interest and bids! We are especially interested in those appropriate for gift giving and/or family fun. Gift certificates for restaurants are especially popular.

For business owners and service providers, I ♥ Healthy Families, Healthy Marin online auction will be an ideal way to let people know about your business offerings! The auction will be well publicized through the CIP website, our print and monthly online newsletters, as well as local media—reaching some 10,000 households and professional offices throughout the Bay Area. Donor names and logos are featured with the item description, so as to provide maximum advertising value. You'll receive acknowledgment for your donations both before and after the event.

All proceeds from the I ♥ Healthy Families, Healthy Marin auction go directly to fund program services to bring healing, health, and hope to families, children and adults in our community. These include our work in the schools with at-risk youth, our collaborations with Canal Alliance, Rotacare and Senior Access, and the hundreds of hours of quality care for disadvantaged Marin families we provide each year.

To join the auction, look for details on our website, www.cipmarin.org, and the next issue of *Community Notes*. Full details as to how to register and bid, as well as a complete list of fabulous auction items will be available January 1.

How to donate:

The auction donation form is available online at www.cipmarin.org. Please fax your completed form to (415) 459-5602 or mail it to Community Institute for Psychotherapy, 1330 Lincoln Ave #201, San Rafael, CA 94901.

If you have questions, please call (415) 459-5999 ext. 101 or email admin@cipmarin.org.

**Final deadline to donate items is
 December 31, 2014.**