



COMMUNITY NOTES

DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

In recent years, we at CIP have noticed a troubling trend. We are seeing greater numbers of individuals suffering from mental health problems, and

more severe disorders overall, both at our clinic and in the schools. It is evident that affordable, accessible mental health services are more urgently needed by Marin families and individuals than ever before.

CIP was founded to provide quality care for those who could not otherwise afford it. We are here today, nearly 40 years later, because of the generosity of so many who recognize and support that original mission. This support takes many forms: the contributions of time, energy and expertise of our incredible volunteer supervisors and trainers; individuals' donations and participation in our fund raising events, such as the Bay Area Human Race; and of course vital grant and sponsorship funding from foundations and businesses who share our vision of a strong, vibrant Marin.

On February 11, we will be holding a very special event to honor our wonderful sponsors at our *Big Hearts! A Community Cares Celebration*. We hope many of you will join us for this warm-hearted and inspiring afternoon. We are delighted to have as our guest speaker **Marin County Superintendent of Schools Mary Jane Burke**. Mary Jane has been an enthusiastic supporter of CIP and our Schools Programs, and a champion of healthy families for many years.

Learn more about this exciting event later in this newsletter. Thank you for your support.

The journey of a thousand miles begins with a single step.
—Lao Tzu

Dear Friends,

For those dealing with the pain and distress of poor mental health, the path to healing may seem impossibly long. Yet a single, courageous step—a call to Community Institute for Psychotherapy—begins that life-changing journey.

For nearly 40 years, CIP has been here to answer that call, providing the care and expertise needed to restore emotional well-being. Whether it is to grieve a loss, resolve a history of child abuse, or manage a chronic illness, our caring staff guides hundreds of men, women and children on that journey each year, enabling them to step out of the pain of crisis and travel towards health.

The benefits of CIP's low- and no-cost services and programs reverberate throughout our community. **Wisdom Warriors** and **The Schools Project for Students at Risk** make our public school classrooms less disruptive and safer, with students more ready and able to learn. Our **Individual and Family Therapy** programs strengthen Marin families, while our **Group and Couples Therapy** programs support and improve personal relationships. And CIP's outreach programs with **Helen Vine Detox Center**, **The Downtown Streets Team** and **Marin Juvenile Hall** provide compassionate counseling for those seeking to restore their lives.

CIP plays an indispensable part of Marin's social service "safety net," working with over 750 clients each year. As grant dollars become increasingly competitive, and fund raising becomes more challenging, your help is needed more than ever. CIP continues to represent a cost-effective, proven solution to some of our community's greatest needs. Your generous contribution will ripple outward into the community, benefiting the life journeys of all of us.

Thank you for your thoughtful consideration.

Sincerely,

Theresa McCullough
CIP Giving Committee Chair

Lynn Lent
CIP Board President

P.S. Donors of \$100 or more will receive two complimentary tickets to our *2017 Big Hearts! A Community Cares Celebration* on February 11.

INTRODUCING PROGRAM DIRECTOR KATHARINA SANDIZELL, LMFT



I have been teaching and supervising at CIP since September 2016. I am honored to be working with such bright and enthusiastic interns as Director of the Couples Therapy Program.

My undergraduate studies were at Columbia University in New York, with graduate school completed in 1999 at the California Institute for Integral Studies in San Francisco. Since becoming a psychotherapist, I have been interested in attachment and the role of emotion in healing from less than perfect experiences in childhood, with a focus in treating couples and relationship issues. My teaching is based on Dr. Sue Johnson's work on attachment and Emotionally Focused Couples Therapy (EFT). I am certified by the International Center for Excellence in Emotionally Focused Therapy as a couples therapist. I find this kind

of work rewarding and challenging.

Since becoming an intern in the late 1990s, I have heard about CIP as a place, unparalleled by any other agency, where mental health interns were known to receive superior and diverse training. Upon learning more about CIP, I was impressed by the individual and group supervisors that the agency was able to attract and utilize in their intense and thorough training of interns. These supervisors are seasoned therapists with diverse theoretical backgrounds and talents. They freely and generously give their time and expertise to CIP's interns to provide an extremely well-rounded and intensive training.

Both graduate and current CIP interns that I have met have all shown a broad range of knowledge as well as excitement about absorbing many different theoretical models. They work hard to apply them in their work with clients. I find that they quickly become excellent intern-therapists, open to experimenting with new concepts, ideas, and role play as we practice new skills in couples therapy. I feel deeply appreciative of this opportunity to work with such highly motivated and serious future licensed therapists.

SOME PROFILES FROM OUR COUPLES THERAPY PROGRAM

Joe and Melissa have been together for five years and recently moved in together. After struggling with decreased intimacy and increased fighting, they decided to seek couples therapy at CIP. Working within a very supportive environment that capitalized on the couple's strengths, their therapist helped them recognize painful reactive cycles so they could begin to see how they co-created negative interactions. She taught them effective listening skills and increased their awareness of vulnerable emotions that lay beneath the anger. Equipped with greater awareness of triggering behaviors, perceptions of behaviors, underlying emotions, and unmet attachment needs, the couple was able to shift to a more empathic stance towards one another with a renewed sense of intimacy.

Elizabeth and William, a couple in their mid-forties, came to couples therapy in a last ditch effort to avoid divorce. Their two daughters had left home for college and careers. Through counseling, the couple could see how they avoided talking about their unfulfilled needs and resentments by giving attention to work and children. Now, with the children gone, these problems were too large to ignore. In therapy, they have learned to relate to each other directly, sharing feelings and needs, and have grown closer as a result.

CLINICAL STAFF

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Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS
Robbin Rockett, PsyD
Leah Seidler, LCSW

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POST-DOCTORAL PROGRAMS
Paula Sitelman, PsyD

COORDINATORS, CIP PROFESSIONAL
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Bonnie Kaufman and Leah Seidler, LCSW

COORDINATOR, INTERN TRAINING
PROGRAM
Robbin Rockett, PsyD

DIRECTOR OF TRAINING FOR
SUPERVISORS
Paula Sitelman, PsyD

DIRECTOR OF GROUP THERAPY
PROGRAM
Nancie Jordan, LMFT

DIRECTOR OF COUPLES THERAPY
PROGRAM
Katharina Sandizell, LMFT

DIRECTOR OF CBT CONSULTATION
GROUP
Joan Valente, PhD

DIRECTOR OF SCHOOLS PROJECT
Margaret Sue Perlstein, LMFT

DIRECTOR OF WISDOM WARRIORS
PROGRAM
Margaret Sue Perlstein, LMFT

DIRECTOR OF DREAMS TRAINING
PROGRAM
Meredith Sabini, PhD

SUPERVISION OF PSYCHOLOGICAL
TESTING PROGRAM
Barbara Nova, PhD

DIRECTOR OF SUPPORT FOR
SEPARATED AND DIVORCING FAMILIES
Nancy Olesen, PhD

(continued on page 3)

CIP is . . .

Healing individuals

Helping families

Strengthening our community

CLINICAL STAFF *(continued)*

Clinical Supervisors

Sarah Alexander, LMFT
Martin Block, PhD
Valerie Crawford, PsyD
Ralph Daniel, PhD
Jacqueline De Lon, LMFT
Mark Edwards, LMFT
Joy Fillman, PhD
Alane Freund, LMFT
Ann Gordon, PhD
Carol Gould, MS, LMFT
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Frederick G. Rozendal, PhD
Leah Seidler, LCSW
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Paula Sitelman, PsyD
Lizzie Stevenson, LMFT
Steve Sulmeyer, JD, PhD
Priscilla Taylor, PhD, LMFT
Maysie Tift, LMFT
Karen Weinberger, LCSW

Intern-Therapists

Victoria Bowers
Nalini Calamur
James Curley
Krsiti Hudson
Cindy L Jepsen
Arley Lindberg, MSW
Theresa Mitchell
Zoe Murphy
Maria Narayan
Susan Overhauser
Stephanie Post, MA
Priscille Schwarcz-Besson
Maytal Shalev, MA
Audrina Smith
Makhetsi Tessien

Post-Doctoral

Lena Grintsraig, MA
Ruth Horton, MA
Deborah Styles, PsyD

NEW PROGRAM: SUPPORT FOR SEPARATED AND DIVORCING FAMILIES

Nancy W. Olesen, PhD, Program Director



Separation and divorce are events that often bring people into therapy. As a child and adult psychologist for more than 35 years, I have seen that families' need for these mental health services often goes unmet.

Some mental health professionals are afraid to take on cases that might involve clients who are in very high conflict or in litigation. Other professionals are not as well trained as needed to understand and support people who are going through intense distress and very uncertain transitions in their lives.

Many work in the private practice model, which is not affordable for most of the people going through family dissolution. The need for affordable and skilled mental health treatment is pressing, even desperate.

Families in these processes often feel angry, sad, and grieving, as well as overwhelmed and frightened about their futures—economically, socially, and emotionally. They worry whether their children will be damaged by the separation or by the conflict that surrounds it. They face a huge number of adjustments as they move to remake their lives in new ways that they may not want but must. Issues of domestic violence, child abuse and substance abuse, as well as high levels of conflict may all be part of what the therapist must help the family with. In addition, the families and the therapists may all feel pressure from the shadow of the court.

The need for affordable and skilled mental health treatment for these families is pressing, even desperate.

I had three goals for wanting to set up the new Support for Separated and Divorcing Families program at CIP: I wanted to provide intensive training for interns to increase their skills and confidence in working with these families. I wanted to make affordable and high quality treatment available to the community. I wanted in the long run to provide the Family Court a list of low-fee therapists at CIP who could serve the families they see who have limited resources and to follow that with names of mental health professionals who have graduated from the program, trained in this very difficult work.

The course includes both information and training on child therapy post-separation, adult therapy, and parenting advice. A necessary part will be information about how to work with families without becoming embroiled and coming into legal trouble themselves. This component is based on my experience with well-meaning therapists who become aligned with their clients to such an extent that they diagnose people they have not met and write letters to the court on their clients' behalf.

The program began last fall with two interns and a trainee. In January, two more interns will be joining when the meeting schedules change and they can attend. I have been very encouraged with the level of the interns and look forward to the rest of the year.

PROFESSIONAL DEVELOPMENT SERIES 2016-2017

WINTER/SPRING 2017 SCHEDULE

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

SEMINARS FOR PROFESSIONALS

6 CEs for LMFTs & LCSWs and 6 CEs for Psychologists

CIP Member Rate: \$75 early registration, up to 10 days prior to seminar, \$85 after

Non-member Rate: \$110 early registration, up to 10 days prior to seminar, \$120 after

INTEGRATING DBT SKILLS INTO YOUR CLINICAL PRACTICE

Nancie Jordan, LMFT, and Shelly Richardson, LMFT

Saturday, January 28, 2017; 9 am – 4 pm

Location: Embassy Suites, San Rafael



SPIRITUALITY OF RELATIONSHIP COUNSELING

David Richo, PhD, LMFT

Saturday, February 25, 2017; 9:30 am – 4:30 pm

CLASSES

4 CEs for LMFT & LCSWs and 4 CEs for Psychologists

CIP Member Rate: \$50 early registration, up to 10 days prior to class, \$60 after

Non-member Rate: \$75 early registration, up to 10 days prior to class, \$85 after

Unless otherwise noted, all classes held at CIP, 1330 Lincoln Avenue, San Rafael



THE STRESS-PROOF BRAIN: THE NEUROSCIENCE OF STRESS AND RESEARCH-BASED SKILLS FOR RESILIENCE

Melanie Greenberg, PhD

Saturday, March 11, 2017; 9 am – 1 pm



THE SELF-ACCEPTING CHILD AND ADOLESCENT: TIPS FOR PARENTS, TEACHERS AND THERAPISTS

Tim Worden, PhD, and Laureen Turner Worden, PhD

Saturday, April, 8, 2017; 9 am – 1 pm



THE HEALING OF EMOTIONAL TRAUMA FROM A JUNGIAN PERSPECTIVE

Bryan Wittine, PhD, LMFT

Saturday, May 6, 2017; 9 am – 1 pm

STUDY GROUP

8 CEs for LMFTs & LCSWs and 8 CEs for Psychologists

(Certificates issued after completion of the four sessions.)

CIP Member Rate: \$100 early registration, up to 10 days prior to first session, \$110 after

Non-member Rate: \$140 early registration, up to 10 days prior to first session, \$160 after

Held at CIP, 1330 Lincoln Avenue, San Rafael.



ILLNESS, AGING, PREGNANCY: READINGS AND REFLECTIONS ON THE THERAPIST'S INTERRUPTIONS IN THERAPY

Fred Rozendal, PhD

Fridays, January 27, February 17, March 24, and April 28, 2017; 10 am – 12 noon

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.

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 \$15 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), 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 2016-2017 seminars and classes, please see the "Professional Development" page on our website at www.cipmarin.org.

Questions?

Phone (415) 459-5999 x 101.

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.

SUPPORT CIP'S WORK IN THE COMMUNITY!

Sign-up for AmazonSmile

Go to: <https://smile.amazon.com/ch/94-2499583>



Special acknowledgment during the Celebration of Community was paid to the much-valued Couples Therapy Program Directors who retired this year: program founder Marianne Haissman Stefancic, LMFT, (center) and Pat Shelton, PhD, LMFT, (right) shown here with new Couples Therapy Program Director Katharina Sandizell.

MUSIC AND GRATITUDE AT 2016 CELEBRATION OF COMMUNITY

The CIP Board of Directors hosted the annual Celebration of Community event at Falkirk Cultural Center in San Rafael on September 30, 2016. At the heart of the evening was the honoring of this year's graduating intern-therapists, **Caroline Keystone, LMFT**; **Larissa Laska-Ruebusch, PsyD**; **Michelle Zody, PsyD**; **Lena Grintsaig, PsyD**; and **Ruth Horton, PsyD**. Certificates were awarded by Core Staff members, **Robbin Rockett**, **Leah Seidler** and **Paula Sitelman**. Executive Director **Robin Berenson** spoke briefly.

CIP Board president **Lynn Lent** welcomed the capacity crowd of CIP supervisors, staff and Board, and the graduates and their families. Musical performances and poetry recitation by **Nalini Calamur** and **Deborah Styles** opened the program, which also included a performance by **Priscille Schwarcz-Besson**. A delicious dinner buffet was served.

Marianne Haissman Stefancic, a co-founder of CIP and long-time member of CIP clinical staff, took the opportunity to deliver a tribute to **Robin Berenson**, reprinted here.

CIP ALUM OPENS PRACTICE

*We are so very proud to share the following announcement from **Caroline Keystone, LMFT**. Caroline was an intern-therapist at CIP for 3-1/2 years. She passed her exam last fall and is opening her private practice. We are delighted that Caroline will continue her association with CIP as a licensed therapist. Welcome, Caroline!*

As I embark on this new stage of my life, I want to express my gratitude to CIP for providing me with endless support and guidance. I am excited to begin the next chapter knowing that I can always count on the people I have worked with at CIP to be my biggest cheerleaders. How nice it is to move forward with so much love and encouragement from my CIP family!

—Caroline Keystone, LMFT

A TRIBUTE TO DR. ROBIN JOY BERENSON

Marianne Haissman Stefancic, LMFT

We have had a lot of gatherings over the years gratefully celebrating many interns, supervisors and staff. Yet one person is not mentioned. So I want to take the opportunity to say a few words about our Executive and Clinical Director, **Dr. Robin Joy Berenson**.

I started in 1978 as an intern and was part of the visioning and founding of CIP, which came out of Marin Psychological Services, where the concept of an institute with a dual purpose was developed: intern-therapist training and low-fee psychological services. We were a handful of 8-10 dedicated therapists and interns at the time.

I worked at CIP in a variety of positions, one as admin secretary, the only paid position, and for which I was the least equipped, but had the greatest need for the \$100 a month salary. Robin, on the other hand, was very adept and it became crystal clear to us all that we needed someone with her organizational skills and great sensation function. She filed and labeled everything with precision and predictability, so CIP would have a structure from which to expand and develop. She soon evidenced her substantial clinical abilities. She was a find.

From that time, Robin has held the rudder and steered CIP to expand and develop into what is now an expansive, renowned Bay Area intern training institute and multifaceted, affordable fee service organization — a jewel in the community.

I do not speak lightly of the beauty of CIP, the enormous support and skill of so many people and Robin's ability to embrace it all, the web of the organization that is supported by myriad contributions and positive spirits. Robin showed us that she embodies the heroic visionary, holding on through tremendous challenges.

For almost 40 years, with her vision, her leadership, her extraordinary skill and devotion, Robin has developed an organization I can only say is a labor of love. What comes to mind is the image of a tree, nurtured and pruned to remain healthy and strong, changing with the times, adopting and integrating the exciting new currents of our constantly emerging profession.

All these accomplishments in addition to having a private practice as an excellent therapist and raising two wonderful daughters.

Thinking of Robin as the wonderful, caring and humble human being she is, takes my breath away.

A Heartfelt Thank You to Our Donors:

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!

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Circle of Friends (continued)

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CIP WISH LIST: LOOKING FOR LAPTOPS!

CIP is looking for laptops for our interns. If you have any laptops that you are no longer using or are preparing to replace, please donate them to CIP.

All donations are fully tax-deductible.

Contact admin@cipmarin.org or call (415) 459-5999 ext. 101 to coordinate any laptop donation.

Thank you!

SPONSOR SPOTLIGHT: MECHANICS BANK



Committed to reaching out, digging in and giving back

Founded in 1905, Mechanics Bank provides personal banking, business banking, trust and estate services, brokerage and wealth management services through thirty-five offices across Northern California, and five locations in Southern California.

From the very beginning, Mechanics Bank has been part of the fabric of the communities in which we live and work. We are honored to be listed among the top 50 corporate philanthropists in our markets every year, and we are proud of our employees' volunteer and community activities. For more than one hundred years, we have made thousands of individual contributions to local nonprofit organizations. We are very proud of this legacy of supporting these organizations that do so much to support so many within our communities.

Our Corporate Giving Program helps to support nonprofit organizations whose goals are to make our communities better, such as Community Institute for Psychotherapy.

We applaud CIP's service to Marin families, children and adults, and are proud to sponsor the 2017 *BIG Hearts! A Community Cares Celebration*.

CIP is . . .

so valuable to me. Making it affordable and important to me for self discovery!

I am so blessed.

— CIP Client

SPONSOR SPOTLIGHT: THE FPI GROUP - MERRILL LYNCH

“Proud to be a sponsor!”

Patrick Farley and The FPI Group are proud to be a sponsor of the Community Institute for Psychotherapy.

“Through our clients and families, we have seen firsthand the devastating emotional and financial distress that often accompanies mental illness. Accessible and affordable treatment is often a life-saving resource for the affected and is an immeasurable source of relief and hope for their families.”



The FPI Group understands that effective wealth management should not only give you peace of mind but make you feel more confident, educated and empowered. “As each of our clients are unique, we take the time to understand each clients’ experiences, requirements and concerns prior to offering solutions.”

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Let us know how we can help you!

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BIG Hearts



A Community Cares Celebration

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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

BIG Hearts



A Community Cares Celebration

**Saturday, February 11, 2017
 12 to 3 pm Mill Valley Community Center
 120 Camino Alto, Mill Valley**

Please join us for a heartwarming gathering in celebration of our generous sponsors who support CIP's quality, affordable services for families, children, and adults in Marin.

**Special guest speaker
 Mary Jane Burke
 Marin County Superintendent of Schools
 plus
 Silent Auction and Raffle**

Event tickets \$20 in advance, \$25 at the door.
 Raffle tickets \$5, or 5 for \$20
 Tickets available online at www.CIPmarin.org
 or call (415) 459-5999 x101

Delicious food provided by

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- Lavier Latin Fusion Cuisine
- Lifestyle Desserts by Katie
- Magnolia Park Kitchen
- McInnis Park Golf Center
- Nothing Bundt Cakes
- Pig in a Pickle
- State Room Brewery
- Tomatina
- Valenti & Co.
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