



# COMMUNITY NOTES

## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Parenting is a years-long journey that challenges us to draw upon resources of every description to meet the emerging needs of our children and nurture their healthy social and emotional development.

At a time when we at CIP see a significant rise in emotional distress among children and parents alike, we know that education and prevention are more urgently needed by our community than ever. This is the impetus behind our spring conference, *Raising Healthy Families: Building Connection, Compassion and Community*, to be held March 3 at the Marin Office of Education, our co-host for the event.

In planning the program, we identified some of the most pressing issues confronting families today. We invited Bay Area experts to share their knowledge with parents, other community members, and professionals to explore ways in which we can help raise children who are curious, compassionate, and resilient.

We are very proud to present this dynamic and informative program, and hope you will plan to attend.

Please read more about the conference, its presenters, and how to register as well as our generous sponsors.

All proceeds from this fundraising event will go directly to support CIP's sliding scale and pro bono services for families, children, and individuals in our community, so that we may continue to hold the safety-net for those in need.

Dear Friends:

In a disturbing trend across the Bay Area and here in Marin, the cost of living takes a rising toll on the emotional health and well-being of families and individuals. We see its impact every day in the lives of our clients.

In the schools, we see unprecedented levels of serious mental disorders, including cutting and other self-harming behaviors. The schools with which we work have turned to us with new urgency, requesting increased services for students in school. *This is a priority for CIP in 2018.*

Many students' problems result from chaotic home situations where parents struggle to meet basic needs, unable to offer the stability and support their children need to focus and learn. Conflict, parental substance abuse, broken families, and housing insecurity are common.

Today, CIP's key role in Marin's safety-net is more critical than ever, as many of Marin's long-standing mental health clinics have downsized or closed.

CIP's cost-efficiency and sliding scale means affordable access to the services that stabilize families, enable children to succeed in school, and help those with chronic mental illness maintain quality, self-sufficient lives. *Your tax-deductible donation of \$50, \$100 or more right now will make a tremendous difference in these difficult times.*

Thank you so much for your support in enabling CIP to continue to heal individuals and help families, and so keep our community strong.

Sincerely,

Stan Stefancic  
Secretary, Board of Directors

Dr. Robin Joy Berenson  
Executive & Clinical Director



*P.S. Donations make our work possible! Thank you for sending your generous donation today!*

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# WELCOMING ARIANA HELLER, PSY.D, MA.ED

## NEW ASSISTANT CLINICAL DIRECTOR



I am excited to have the opportunity to join the CIP team. I was drawn to CIP because I believe in the agency's commitment to providing affordable long-term mental health services to our community. Along with CIP's team approach to management, which I believe leads to more thoughtful decision-making, I love having the variety of training, supervision, administration and coordination responsibilities all in one job. Finally, being able to continue to supervise, teach, collaborate and work with graduate students is very important to me.

My background, education and training have been focused on psychology graduate student development. I obtained my MA and MA.ED in Counseling

Psychology from Teachers College, Columbia University, and my Psy.D in Clinical Psychology from American School of Professional Psychology. I bring experience as an individual and group clinical supervisor and teacher at a psychology training site, which served at-risk school-based and outpatient populations. In addition to supervision and training, I have worked with graduate psychology students from a variety of perspectives. This included managing, quality assurance training, advising, teaching, practicum placement advising, event planning and registration.

As a supervisor I want to create an environment where clinicians feel supported, respected and are able to grow in an emotionally challenging field at a particularly challenging time. I would ensure they are supported with clear, relational, transparent, ethical and quality supervision.

I have kept my skills as a supervisor grounded in my own experiences providing direct psychotherapy with clients and their supporting systems for the past 12 years. My experiences, expertise, and interest are focused on children, young adults, and families experiencing infertility. My clinical work always takes place within the client's natural systems (schools, parents, therapists, social workers, grandparents, partners, religious groups, etc.) that support the individual. I am a certified Triple P Positive Parenting Facilitator and have both developed and implemented a curriculum integrating neurologically informed movement and mindfulness practices with clinical work.

Clinically, I work from a psychodynamic, attachment based, developmental, trauma, neurologically informed and multicultural treatment perspectives. I also consider all cases from a systems perspective especially with families, and integrate mindfulness into therapy.

I am a native New Yorker and was drawn to California in part due to my love of being active in nature. I live in Berkeley with my husband and two toddlers who have me running in two directions at once! The part-time nature of this job allows me the balance between family and career.

## CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR  
Robin Joy Berenson, PhD, LMFT

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Karen DeVaney, PsyD  
Ariana Heller, PsyD, MA.ED  
Leah Seidler, LCSW

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POST-DOCTORAL PROGRAMS  
Karen DeVaney, PsyD

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DEVELOPMENT SERIES  
Ariana Heller, PsyD, MA.ED

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PROGRAM  
Ariana Heller, PsyD, MA.ED

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SUPERVISORS  
Karen DeVaney, PsyD

DIRECTOR OF GROUP THERAPY  
PROGRAM  
Dana Horton, LCSW

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TESTING PROGRAM  
Barbara Nova, PhD

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SEPARATED AND DIVORCING FAMILIES  
Nancy Olesen, PhD

### Clinical Supervisors

Sarah Alexander, LMFT  
Nick Avila, LCSW  
Madhu Batheja, LMFT  
Martin Block, PhD  
Elyse Boyar, LMFT  
Mary Bryan, LMFT  
Laurie Buntain, LMFT  
Marla Cass, LMFT  
Ralph Daniel, PhD

*(continued on page 3)*

## CLINICAL STAFF *(continued)*

### Clinical Supervisors (cont.)

Jacqueline De Lon, LMFT  
Lisa Dobias, LMFT  
Sara Edrington, PsyD  
Mark Edwards, MS, LMFT  
Joy Fillman, PhD  
Alane Freund, LMFT  
Michelle Frisch, MSW, PhD  
Silva Hassert, PhD  
A. Raja Hornstein, PsyD  
Kathy Jarosz, LCSW  
Laurie Javier, LMFT  
Nancie Jordan, LMFT  
Deborah Kamins, PhD  
Steven Kruszynski, LMFT  
Drew Lamden, LCSW  
Marty Lawlor, LMFT  
Daphne Lowe, LMFT  
Melinda Ann Marmer, PhD, LMFT  
Robin Mayer, MS, LMFT  
Shana Millstein, PhD  
Matthew Morey, LMFT  
Jennifer Norstrom, LMFT  
Diane Ray, LMFT  
Christina Reed, PsyD  
Jane Reingold, LMFT  
Jeana Reynolds, LMFT  
Joan Robinson, LCSW  
Robbin Rockett, PsyD  
Anne-Olivia S. Rose, PsyD  
Fred Rozendal, PhD  
Joshua Simmons, PsyD  
Steve Sulmeyer, JD, PhD  
Laura Tabak, PsyD  
Maysie Tift, LMFT  
Karen Weinberger, LCSW  
Amy Wilner, PsyD

### MFT Trainees:

Raphael Amir  
Nalini Calamur, MA  
Louise Franklin  
Nora Gift  
Yuvonda Gil  
Simon Hara  
Casey HineLine  
Charlie Mandell  
Zoe Murphy  
Maria Narayan  
Paul Taruskin  
Darshana Weill

### Registered Associate Marriage and Family Therapists:

Cindy Jepsen, MA  
Caroline Lockett-Corwell, MA

### Pre Doctoral Interns:

Victoria Bowers  
Kelsey Hippen  
Paul Kiritsis  
John O'Brien

Kira Quinn, MA

### Post Doctoral Intern:

Lena Grintsaig, PsyD

## PROFESSIONAL DEVELOPMENT SERIES 2017-2018

For more information on the topics, learning objectives and presenter bios, or to register, please visit our Professional Development page at [www.cipmarin.org](http://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  
Unless otherwise noted, seminars held at the Embassy Suites, 101 McInnis Pkwy, San Rafael*

#### INCREASING YOUR CLINICAL EFFECTIVENESS BY LOOKING BOTH OUTWARD AND INWARD



*Diane Suffridge, PhD*

Saturday, January 20, 2018

9 am – 4 pm

#### ATTACHMENT THROUGH OUR BODIES AND HEARTS



*Karen Rachels, LMFT*

Saturday, March 17, 2018

10 am – 5 pm

### CLASSES

*4 CEs for LMFTs & 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*

#### GETTING UNSTUCK: INSIGHTS FROM CONTEMPORARY PSYCHOANALYSIS FOR OVERCOMING THERAPEUTIC IMPASSES



*Jane Rubin, PhD, PhD, PsyD*

Saturday, February 24, 2018

10 am – 2 pm

#### THE ILLUSION OF CONNECTION: PSYCHOTHERAPY IN THE AGE OF FACEBOOK, MINECRAFT AND ONLINE PORNOGRAPHY



*Mark Edwards, MS, LMFT*

Saturday, April 21, 2018

9 am – 1 pm

*Community Institute for Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. Community Institute for Psychotherapy 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.*

### CONGRATULATIONS!

We are very pleased to announce that former CIP intern-therapists **Kristi Hudson, LMFT**, and **Arley Lindberg, LCSW**, have earned their professional licenses and will be going to private practices.

We are especially pleased that they will remain a part of our CIP community as CIP contract therapists.



RAISING HEALTHY FAMILIES:  
BUILDING CONNECTION, COMPASSION,  
AND COMMUNITY

Co-hosted by  
Community Institute for Psychotherapy &  
The Marin County Office of Education

Saturday, March 3, 2018  
8:30 am – 4:30 pm

Marin County Office of Education  
1111 Las Gallinas Ave, San Rafael

One of the best ways to prepare young people for the future is to teach them how to form healthy relationships, relationships that matter. This is even more important today, when technology often creates a false sense of connection and many young people experience social isolation. So how do we help young people navigate the most difficult challenges they face?

We invite you to join Bay Area experts and community leaders in a day of learning designed for parents, caregivers, and educators. Speakers will share the latest research and practical strategies for raising young people who are curious, kind, and resilient. Together, we can raise healthy children, and create a community that is safer, healthier, and more inclusive.

Spanish translation will be available.

All event proceeds go directly to support CIP's safety-net programs.

PRESENTATIONS AND PRESENTERS

Keynote by Matt Willis, MD, MPH, Public Health Officer for Marin County



Marin's Public Health Officer since 2013, Dr. Willis is a champion for innovative and highly collaborative approaches to complex local public health challenges. He is a member of several state task forces dedicated to the opioid epidemic and has shared the RxSafe Marin model in state and national forums. He lives in Marin County with his wife and three children.

**Building an Inclusive Community:  
How to Raise Children Who Are Compassionate  
about Difference**



Moderated by *Carrie Sterns, Jeremiah Fellowship Director at Bend the Arc: A Jewish Partnership for Justice.*

Panelists: *Janna Barkin, proud mother of a transgender son; Karen DeVaney, PsyD, licensed clinical psychologist; Pepe Gonzalez, principal of Laurel Dell Elementary School; and Karen Kaplan, Executive Director of Wings Learning Center.*

In a time when both national and local politics can be divisive, it is more important than ever for us to raise children who are compassionate and inclusive of others. In this panel discussion, we invite four community experts to share up-to-date information about the impacts of social isolation and exclusion in our community as well as strategies for talking about difference and creating more inclusive communities, starting with our own families.

**Mindfulness in Parenting: How to Be Present  
with Our Children**



Presented by *Grace Fisher, LMFT, JD, M.Ed, a teacher at Spirit Rock Insight Meditation Center.*

A Zen Master was once asked, "What is the point of practice?" And the Master replied, "to offer the appropriate response." As parents and caregivers, knowing and offering the "appropriate" response to our children can be so challenging. Explore how mindfulness practices can help parents and other caregivers respond to children with compassion, understanding, and love. Session will include short guided meditations, small group discussions, and practical ideas for applying these teachings at home.

## The Illusion of Connection: Parenting in the Age of Technology



*Presented by Mark Edwards, MS, LMFT, a therapist and instructor at Sonoma State University.*

As communications technology has evolved, the amount of time people spend online has increased dramatically. How is this change affecting the nature of parent-child relationships?

What is the impact of compulsive Internet use in children and adults? How should parents respond to the ever present call of Internet use and what strategies can they use to teach and protect their children?

## PROFESSIONAL INSIGHT

### A NEW TASK FOR PARENTS IN THE AGE OF THE INTERNET

*By Mark Edwards, MS, LMFT*

Children and teens are spending more time online than ever before. Between social media, online gaming and homework assignments, families all over the country are engaged in heated debates about how much screen time is okay, which websites are safe, and what constitutes appropriate online behavior.

As contemporary as these conversations feel, technology of all kinds has always exerted an influence on family relationships. The Industrial Revolution brought families from farms to cities, carving out the concept of a work week, which divided family members from each other during the day. The establishment of formal education that soon followed helped define what we now think of as “childhood” and “adolescence.” Each of these dramatic changes to family life, initially threatening, became part of our modern notions of family, delineating relational boundaries, roles and responsibilities between parents and children in ways that we now take for granted have become the norm.

Similarly, the Internet is redefining the nature of relationships within the family and beyond. Technology has allowed people to connect with family around the world, to reconnect with old friends and lovers, to share intimate moments across continents. Children have ready access to YouTube stars and Twitter celebrities and share jokes with online friends who they have never met. Around the world, “digital immigrant” parents wrestle with the importance their “digital native” children place on these online connections. In the digital space, children are navigating the complexities of interpersonal relationships, boundaries, and what their peers see as acceptable or not, in a language that parents don’t intuitively speak and can’t always easily translate.

At the same time, many fear that their children’s foundational interpersonal skills— reading body language, judging other people’s moods and motives, looking someone in the eye and really listening—are suffering. These are skills that parents instinctively want to impart when faced with their children’s desire to talk only through text— a silent teen with fingers flying.

Relationships in real life can be messy, and children can risk embarrassment, awkwardness and exclusion in a way that can make the allure of online life feel exciting, safe and more easily curated. Online the relative anonymity of the digital space can

*(continued)*

For more information about our presenters, or to register online, visit [cipmarin.org](http://cipmarin.org), or call (415) 459-5999 x 101.

For more information on registration and other conference details, please see page 8.

*(Professional Insight continued)*

offer safety but shallowness, content but superficiality— an illusion of connection.

Teaching our children to manage and navigate online relationships while still paying attention to the importance and valuing the of complexity of relationships in the real world is the parenting task for the new millennium.

*Mark Edwards, LMFT, an instructor at Sonoma State University, maintains a private practice in San Rafael and works with a broad client group of children, adolescents, and adults. He was formerly Assistant Clinical Director at the Community Institute for Psychotherapy.*

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*Professional Development Update* features

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- Updates on CIP activities and upcoming events

To sign up, email [admin@cipmarin.org](mailto:admin@cipmarin.org) or call (415) 459-5999 x101

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## *A Heartfelt Thank You to Our Donors*

*January 1 – December 4, 2017*

*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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## **SPONSOR SPOTLIGHT THE SILVIO CHEDA CHARITY FUND**



The San Rafael Elks Lodge, trustees for the Silvio Cheda Charity Fund, are pleased to be sponsors of CIP's 2018 community conference, *Raising Healthy Families: Connection, Compassion, and Community*.

The Elks lodge and its membership have a long history of supporting Marin nonprofits across a broad spectrum of services for our county, particularly those that support families and quality of life issues.

In this regard, we thank the Community Institute for Psychotherapy (CIP) and the Marin County Office of Education (MCOE) for their efforts coordinating this event, addressing the critical issues facing Marin families, educators, and our community in general.

In 2009, the San Rafael Elks Lodge and Silvio Cheda Charity Fund were proud to sponsor another CIP community conference, *Raising Healthy Teens: Overcoming the Mental Health Challenges of the Transition to Adulthood*.

The San Rafael Elks is one of more than 2,000 lodges located in communities all over the country. Founded in 1868, the Elks is a fraternal organization of American men and women helping our communities through charitable works for youth, veterans, special needs, and other areas.

*Lorn Dreitzler*  
Past Chairman, Trustee  
San Rafael Elks Lodge

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## SPONSOR SPOTLIGHT: FIRST FEDERAL SAVINGS & LOAN OF SAN RAFAEL



“We believe that customers are best served when decisions are made at the local level by people who understand the area’s unique needs and values,” states First Federal President and CEO Paul Simmons. “Quality service and a deep commitment to our community have been guiding principles since we were established in 1963. With the highest level of safety, stability, and service in mind, we have a deep appreciation of the trust that our customers put in us.



“Our mission: *First Federal is committed to being a superior community financial institution, offering real estate financing and deposit services at fair and competitive rates, while adhering to the highest standards of business ethics, safety, and excellence in service.*

“We do banking on a first name basis with a knowledgeable and friendly staff who understands our customers’ financial needs. From this perspective, responsible decision making on the local level, while carefully evaluating the risks, is what defines our standard business practice.”

CIP is honored to have the support of First Federal Savings and Loan of San Rafael! Thank you for your sponsorship!

### Four Reasons to Support CIP:

- CIP brings hope and healing to families and individuals who otherwise could not afford the care they need.
- CIP safety-net services work locally, in the schools, with other social service agencies, to strengthen our community.
- CIP stops cycles of family violence, abuse, helplessness, and hopelessness.
- CIP relies on the donated services of more than 100 professionals to provide a highly cost-effective solution to a vital community need.

## THANK YOU! TO THE FOLLOWING *RAISING HEALTHY FAMILIES* CONFERENCE SPONSORS:

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Reflections

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CHADD of Marin

Family Works

Jewish Family & Children Services

Lifehouse

Marin Y

Matrix Parent Network & Resource Center

NAMI Marin

San Rafael City Schools

*All event proceeds go directly to support CIP’s safety-net programs. Through our sliding scale and pro bono services, CIP assures that disadvantaged families and individuals have access to the quality mental health care they need to enjoy emotional stability and live full, productive lives.*



COMMUNITY INSTITUTE FOR PSYCHOTHERAPY  
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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](http://www.cipmarin.org)

**A COMMUNITY CONFERENCE  
 RAISING HEALTHY FAMILIES:  
 BUILDING CONNECTION, COMPASSION, AND COMMUNITY**

Co-hosted by  
 Community Institute for Psychotherapy &  
 The Marin County Office of Education

**Saturday, March 3, 2018**  
**8:30 am – 4:30 pm**

**Marin County Office of Education**  
 1111 Las Gallinas Ave, San Rafael

**A Resource Exhibition** featuring information from Conference Sponsors and Community Partners will be open for attendees to browse throughout the day.

**Silent Auction and Raffle**  
 Raffle tickets \$5, or 5 for \$20

**Note:** There will be a 30-minute break for lunch. Please plan to bring a bag lunch or pre-order a box lunch when you register. (Cost: \$14.00 prepared by Boudin Bakery.)

**Registration Information**

**Public Admission**

**Sliding scale:** suggested donation of \$75, \$50, or \$25

As a nonprofit, we depend on the generosity of our community to be able to provide vital services to our community. We ask that attendees select the level of donation that matches their ability to contribute.

Scholarships are available by advance registration. It is our intention to make *Raising Healthy Families* community conference accessible to everyone. All requests for scholarship will be granted.

**Professional Program**

**CEs:** 6 CE's for LMFTs, LCSWs, and Psychologists

**Admission:** CIP Member \$75 early registration (must be received by 2/19/2018); \$85 late registration

**Non Member** \$100 early registration (must be received by 2/19/2018); \$120 late registration

**Register online at [cipmarin.org](http://cipmarin.org) or call (415) 459-5999 x101.**