



# COMMUNITY NOTES

## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

For more than 38 years, Marin residents have turned to CIP in times of need. Last year, we delivered more than 8,500 hours of therapy,

outreach, education, and referrals to over 700 families, children and adults.

Behind these simple numbers are amazing stories of courage, healing and hope. Hour by hour, week after week, clients reach out for the answers they need to be their best, authentic selves. They grieve losses, rebuild broken lives, gain new skills, and discover new strengths and possibilities. They learn to trust in themselves and their inner wisdom. They reconnect with others important in their lives, becoming more nurturing parents, more present partners, contributing community members.

When people have the courage to do that most challenging work—to create better lives for themselves and their loved ones, replace old defeating patterns, learn more meaningful, compassionate ways of communicating—CIP is here to help, providing the expert, affordable care they need to achieve these life changes.

With your support, CIP can continue to be the place people turn to for the help and connection they need to unfold their stories of healing. We hope that you will give generously.

We are happy to share with you three of these amazing stories in this newsletter. (Please see page 6.)

Between their cost-efficiency and widespread collaboration with other safety-net providers, CIP plays a key unduplicated role in the continuum of care for Marin's most vulnerable families and individuals.

Katie Rice, President  
Marin County Board of Supervisors

Dear Friends:

When we say that CIP is a "safety net" for our community, what do we mean?

- *CIP is here to help.* Each year our quality, comprehensive mental health services enable hundreds of families and individuals to overcome problems and regain the ability to enjoy full and meaningful lives.
- *Our doors are open to all.* With our sliding scale fees, no one is turned away for lack of funds. Our outstanding cost efficiency means each budget dollar goes farther, doing more for those in need in our community.
- *Marin public schools, hospitals, private and public agencies rely on CIP* to deliver the expert quality care needed by Marin's most vulnerable families, children and adults. We receive hundreds of referrals each year.
- *Every call to CIP can mean one less call to 911, one less visit to the emergency room, or one less inmate at the County jail.* Our skilled intervention is there to halt the cycles of violence and substance abuse, helplessness and hopelessness. We work with other safety-net agencies to make sure resources are available when needed.

Recognized for clinical excellence, CIP remains Marin's vital mental health safety net. And just as the community depends on CIP, we depend on community donations to keep our services available.

*Foundation and other institutional funding is not enough to support the work we do, day in and day out throughout the year. Instead, it is the private donations of community members such as you that make our work possible.*

Please give generously, knowing that your tax-deductible gift can make the difference of a lifetime for someone in need in our community.

Sincerely,

Derek Knell  
Chair, Giving Campaign  
CIP Board of Directors

Robin Joy Berenson, PhD, LMFT  
Clinical and Executive Director

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## INTRODUCING NEW ASSISTANT CLINICAL DIRECTOR, ROBBIN ROCKETT, PSYD



*Assistant Clinical Director,  
Robbin Rockett, PsyD*

Dr. Robbin Rockett joined CIP's Core Staff in November and quickly assumed her role as a group supervisor, meeting weekly with interns for case reviews and discussion. Robbin is also responsible for the intern training program.

"We are delighted to welcome Robbin to CIP," said Dr. Robin Berenson, "I so appreciate the energy and experience she brings to her work with interns and other staff members. It's so important to have a strong team for the Core Staff, so we can provide the oversight of clients' and intern-therapists' progress, resolve challenges, and keep agency operations running smoothly."

By way of introduction, we asked Robbin to tell a little about herself.

*What drew you to CIP?*

I am inspired by CIP's ability to offer psychotherapy to underserved individuals, families and couples at a sliding scale while also offering an excellent training program for interns. I wanted to be a part of CIP's community of experienced therapists providing supervision and training.

*What are you most looking forward to in your work at CIP?*

The opportunity to support and mentor interns at CIP in order to help them become competent therapists.

*Tell us about your professional background and clinical interests.*

I have a private practice in Corte Madera where I see children, teens and adults. I completed my doctoral degree in clinical psychology at the California School of Professional Psychology and received postgraduate training in child psychodynamic play therapy.

I have taught health education classes to adults with anxiety and depression at Kaiser in Oakland. My specialties center around anxiety, depression, social difficulties, behavioral problems, divorce and bereavement. I am currently on the board as secretary for the Marin County Psychological Association and Clinical Director in Marin for A Home Within.

## BELINDA RYLAND SAYS GOOD-BYE TO CIP

Belinda Ryland, LMFT, CIP's long-time Director of Substance Abuse Outreach Programs, bid farewell to CIP at the end of the last training year. She has closed her Bay Area practice and moved to Croatia. Before leaving, Belinda left the following message. The heart and kindness it expresses captures the spirit so present in her work with CIP intern-therapists.

"I really wanted to take the opportunity to thank you for these many years of working with CIP and my beautiful interns. I really can't tell you how much balance and joy being able to supervise these young eager minds has been for me. . . . I loved the teaching and I loved the learning, and I really so appreciate that you gave me this wonderful opportunity as long as you did. I was thrilled and hope that I was of service to you and the agency and to all the many, many wonderful interns I've had over the years. Thank you so much. I wish you and the agency all the best."

## CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR  
Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS  
Robbin Rockett, PsyD  
Paula Sitelman, PsyD  
Alex Thomas, LMFT

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

COORDINATOR, CIP PROFESSIONAL  
DEVELOPMENT SERIES  
Alex Thomas, LMFT

COORDINATOR, INTERN TRAINING  
PROGRAM  
Robbin Rockett, PsyD

DIRECTOR OF TRAINING FOR  
SUPERVISORS  
Paula Sitelman, PsyD

DIRECTOR OF THE CBT AND DBT  
GROUP THERAPY PROGRAM  
Nancie Jordan, LMFT

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

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PROGRAM & EMBODY POWER  
PROGRAM  
Joan Valente, PhD

DIRECTOR OF SCHOOLS PROJECT  
Sue Kessner, MS, LPCC

DIRECTOR OF WISDOM WARRIORS  
PROGRAM  
Sue Kessner, MS, LPCC

DIRECTOR OF DREAMS TRAINING  
PROGRAM  
Meredith Sabini, PhD

SUPERVISION OF PSYCHOLOGICAL  
TESTING PROGRAM  
Barbara Nova, PhD

*(continued on page 3)*

*CIP is . . .*

*Healing individuals*

*Helping families*

*Strengthening our community*

## CLINICAL STAFF *(continued)*

### Clinical Supervisors

Sarah Alexander, LMFT  
Julie Auslander, LCSW  
Lonnie Barbach, PhD  
Martin Block, PhD  
Jennifer Carri, LMFT  
Laura Foster Collins, LMFT  
Jane Cunningham, LMFT  
Ralph Daniel, PhD  
Mark Edwards, LMFT  
Leora Fulvio, LMFT  
Ann Gordon, PhD  
Hollie Hannan, PhD, LMFT  
Annette Holloway, PsyD  
A. Raja Hornstein, PsyD  
Mark Jensen, PsyD  
Drew Lamden, LCSW  
Shira Marin, LMFT  
Robin Mayer, MS, LMFT  
Shana Millstein, PhD  
Robert Nemerovski, PsyD  
Anka Paine, PsyD  
Diane Ray, LMFT  
Jane Reingold, LMFT  
Eric Reitz, PhD  
Jennifer Rice, PhD  
Joan Robinson, LCSW  
Caroline Rosales-Wyman, LCSW  
Fred Rozendal, PhD  
Leah Seidler, LCSW  
Ilene Serlin, PhD  
Joshua Simmons, PsyD  
Paula Sitelman, PsyD  
Greg Smith, LMFT  
Lizzie Stevenson, LMFT  
Steve Sulfmeyer, JD, PhD  
Priscilla Taylor, LMFT  
Maysie Tift, LMFT  
Karen Weinberger, LCSW

### Intern-Therapists

Nalini Calamur  
Jessica Fishburn, MFTI  
Lena Grintsaig, MA  
Ruth Horton, MA  
Kristi Hudson, MA, MFTI  
Caroline Keystone, MA, MFTI  
Larissa Laska-Ruebusch, MA  
Arley Lindberg, MA, MSW  
Cheryl Lister, MFTI  
Jason Newman, MA, MFTI  
Susan Overhauser, PhD  
Stephanie Post, MA  
Priscille Schwarcz-Besson  
Maytal Shalev, MA  
Makhetsi Tessien  
Ruth Tolly  
Michelle Zody, MA

## PROFESSIONAL DEVELOPMENT SERIES 2016

*Creating the space for learning together in our community.*

CIP's Professional Development Program creates opportunities for mental health professionals to enhance their personal and professional development and an ongoing supportive network. After each program, there will be a 30-minute Community Networking Session for connecting and informal conversation.

### SEMINARS FOR PROFESSIONALS

*6 CEs for MFTs & 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.*

*Location: Embassy Suites, 101 McInnis Parkway, San Rafael*



#### STRATEGIES FOR WORKING WITH GUILT AND SHAME IN RECOVERY

*presented by Tim Worden, PhD*

*Saturday, January 16, 2016; 9 am – 4 pm*



#### EVIDENCE-BASED INTERVENTIONS THAT WORK WITH DEPRESSED CHILDREN AND TEENS

*presented by Daniela Owen, PhD*

*Saturday, April 9, 2016; 9 am – 4 pm*

### CLASS



#### Enhancing Attachment Security for Therapists and Clients

*presented by Daniel Sonkin, LMFT*

*Saturday, February 6, 2016; 9 am – 12 pm*

*3 CEs for MFT & LCSWs and 3 CEs for Psychologists*

*CIP Member Rate: \$40 early registration, up to 10 days prior to class, \$45 after.*

*Non-member Rate: \$55 early registration, up to 10 days prior to class, \$65 after.*

*Location: CIP Group Room, 1330 Lincoln Avenue Ste 201, San Rafael*

### STUDY GROUP



#### MYSTICAL PSYCHOANALYSIS: READING FROM THE JUNCTION BETWEEN PSYCHOANALYSIS AND THE TRANSPERSONAL

*presented by Fred Rozendal, PhD*

*Fridays, January 22, February 26, March 18 and April 29, 2016;  
10 am – 12 noon*

*8 CEs for LMFTs and LCSWs and 8 CEs for Psychologists.*

*Certificates issued after completion of the four sessions.*

*CIP Member: \$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.*

*Location: CIP Group Room, 1330 Lincoln Avenue Ste 201, San Rafael*

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. Each 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.

# BOARD PRESIDENT LYNN LENT NOMINATED FOR HEART OF MARIN AWARD

When **Lynn Lent** joined the CIP Board of Directors in the fall of 2013, she never expected to assume the presidency just a few months later. CIP's mission appealed to Lynn, who had a longstanding interest in mental health services since volunteering at state psychiatric hospitals during college.

In November 2015, CIP was proud to nominate Lynn for the Heart of Marin "Excellence in Board Leadership" award, one of seven categories offered by the Center for Volunteer and Nonprofit Leadership each year. The nomination cited a range of achievements that Lynn has brought about during her tenure. She has worked tirelessly to expand the Board and revitalize the agency's fund development efforts. She has provided exceptional Board support and development and partnered with Executive and Clinical Director **Robin Joy Berenson, PhD, LMFT**, to maintain a high level of operations and community outreach in support of CIP's mission to provide quality, affordable mental health services to Marin families, children, and adults.

Lynn remembers first hearing about CIP. "Having long recognized the importance of mental health services, I was eager to learn more about CIP. When I heard Robin speak at an open house, I was inspired. I welcomed the opportunity to serve on the CIP Board of Directors, and when the President unexpectedly stepped down and two other directors also left, I decided it was time to take the lead. I admire the dedication of CIP therapists and intern-therapists who volunteer their time to provide mental health services to those in our underserved communities."

Robin values Lynn's collaborative spirit and enjoys their working together. "Lynn's many accomplishments have been possible because of her warm and thoughtful interpersonal skills. Her strong but supportive leadership has inspired commitment and participation by all our Board members. Leading by example, she offers ongoing and



*CIP Board President Lynn Lent.*

unstinting support and appreciation of the contributions made by each Board member and staff."

Lynn received a Baccalaureate degree from Washington University in St. Louis, double majoring in psychology and education, and then went on to earn a Masters degree from Columbia University Teachers College. Working in New York City as an editor for Random House and Macmillan Publishing, Lynn's career was spent developing educational curricula before moving to California. Once here, she worked at Harcourt Brace Jovanovich as a senior editor in the Department of Urban Education.

"My hope is for CIP to continue to provide even more services in the future as the society we live in become more fraught with challenges for our young people and families. I see my responsibilities as not only appreciating and thanking our donors, but also broadening our donor base so that the growing population of those in need will have access to CIP's exceptional and transformative care."

In addition to being President of the CIP Board of Directors, Lynn volunteers at Guide Dogs for the Blind.

## CIP BOARD OF DIRECTORS

### *President*

**Lynn Lent**

Volunteer, Guide Dogs for the Blind

### *Secretary*

**Stan Stefancic**

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**Trista Akers, MA**

Senior Relationship Bank, Union Bank

**Beth Case**

Financial Services Advisor

**Sharon Delfino Green, Esq.**

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**Catherine Janigian**

Community Volunteer

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**Melanie Lawrence**

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**John Dillon Riley, PhD**

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**Ron Sparrow**

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**Barbara Young**

Community Volunteer

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in the community!

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*A Heartfelt Thank You to Our Donors:* January 1, 2015 – November 30, 2015

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  
Estate of Dodie P. Gann  
Hannan Family Foundation  
Lynn Lent  
John Dillon Riley, PhD

**Circle of Friends**

Shirle Akers  
Trista Akers  
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Lonnie Barbach  
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Martin & Ruth Malkin  
James McGeehan  
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**Circle of Friends** (continued)

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Cordie & George Traber  
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*Business and Community  
Partnership Program*

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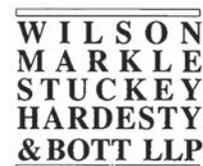
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Marin Charitable Association  
Marin General Hospital  
Nightingale Fund

**2016 COMMUNITY CARES!  
CAMPAIGN**

By becoming a 2016 *Community Cares!* sponsor, you help CIP to bring healing, health, and hope of a brighter tomorrow to those in need. As a 2016 *Community Cares!* campaign sponsor, your support will be recognized through a comprehensive public-ity campaign, including your company logo and write-up on CIP's website, and in print and monthly online newsletters, as well as press releases, and social media. Sponsorships start at \$1,000. For more information about how to become a 2016 *Community Cares!* Campaign sponsor, visit [www.cipmarin.org](http://www.cipmarin.org).

Thank you! to our 2015 & 2016  
*Community Cares!* sponsors:



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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)

## CIP IS HERE TO HELP: THREE STORIES OF HEALING

*We would like to share the following stories of healing. To protect confidentiality, names and circumstances have been altered. However, the problems confronted and their solutions are very real.*

Jerome had been in and out of prison for 12 years, but couldn't understand or explain why he kept going back, as if it was out of his control. Jerome was court-ordered for therapy at CIP, despite an evaluation stating he was unlikely to benefit from therapy because he lacked insight and was not able to form a healthy attachment.

Almost a year later, Jerome never misses a session and credits therapy with changing his life. He's off probation in six months and is determined to stay out of jail. He has been able to be open in therapy, discovering the patterns he's repeated, which he is determined to change this time. He is building friendships and relationships after years of social isolation. He's reporting feeling happier and less anxious.

After his parents' divorce, Jesus's mom and teachers reported him as being "sad," crying in class and at home a lot, and he was referred to CIP's Schools Project. Jesus was a physically small and sweet child, who would excitedly run to each session and eagerly pick out a new game to play. He was very serious, often talking about how he had to take care of his older sister and his mother. Jesus's father wanted his son to succeed and acquire everything he wanted for him.

In addition to Jesus, the CIP intern-therapist met with his father several times and talked about parenting strategies and how to assist Jesus in being a "kid." In meetings with Jesus, she also reinforced the idea that he is a kid and there are many things that he is not responsible for. "Over the course of our time together," she notes, "I watched him brighten and appear generally lighter and more carefree." Jesus's parents, teachers, and counselor all reported his moods had improved.

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*"I watched him brighten and appear more carefree."*

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Homeless and staying with friends after her recent divorce, Elise found that the stress of her new situation aggravated her existing depression and suicidal tendencies.

In therapy at CIP, the first priority was to stabilize her basic needs. The intern-therapist worked closely with Elise's psychiatrist to monitor and adjust the medications to support her current symptoms. She also worked with Elise to obtain county housing and a county case worker. Next they developed a plan to provide her with a viable support team to support her in maintaining her mental stability and eventually in re-entering society in both a professional and social capacity. Elise is currently working at a part-time job and has plans to live on her own.