



COMMUNITY NOTES

DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

In this issue, we highlight CIP's 30th anniversary through a brief timeline of our development, some photos from times past, and comments from some long-time members of the CIP community.

My own involvement began in 1978, when I came to CIP as an intern-therapist, looking for an opportunity to develop my skills in a challenging yet creative and caring environment. I soon realized what a truly special place CIP is, with a foundation of volunteerism, collaboration, and excellence. With many tasks to do and few hands to do them, it wasn't long before I was on the Steering Committee, then co-director, and, in 1989, I became Executive Director.

When I think of the years I have been at CIP, what stands out are the relationships I have developed with the remarkable people who make up this community, each of whom has brought his or her own gifts and skills to share. The amazing intern-therapists with their high hopes and determination to learn

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In a world of overwhelming problems, it's easy to forget how much can be accomplished in a single, generous act.

January 1, 2007

Dear Friend:

People come to therapy at CIP for many reasons, but what they want is very simple: to make tomorrow better than today.



- Tamara, mother of two, wants to begin a new life, free of abuse and fear. At CIP, she is learning how to heal, how to be there for her children, and how to hope.
- After completing treatment for drug addiction, Sean's highest priority is to reunite with his family. He and his wife have begun couples therapy.
- Since he began counseling, Matthew feels he finally has someone to listen to his feelings about his parents' separation. He says he can concentrate better, and his grades are now Bs and Cs, not Ds and Fs.

At CIP, we specialize in lasting, tangible solutions by providing the quality, affordable care people need to realize their goals. Our sliding scale fees mean that no one is turned away for lack of ability to pay. Our cost effectiveness and reliance on the donated expertise of dedicated professionals mean that every dollar goes further toward hope and healing.

You can help CIP fulfill our mission to serve those who otherwise could not afford the help they need. Here's how:

- A donation of \$50 provides an initial session and follow-up visit for a single mother and her children.
- Your gift of \$200 provides eight weeks of therapy for a family in turmoil, ending cycles of painful conflict and chaos.
- A contribution of \$350 will fund ten weeks of one-on-one counseling for a troubled teen, helping him to stay in school, improve his grades, and stay off drugs and alcohol.

For thirty years, CIP has been providing life-changing solutions for Marin's most vulnerable individuals, families, and couples. With your help, we can continue to foster brighter, happier lives and better tomorrows.

On behalf of those we serve, we thank you for your consideration.

Sincerely,

Bob Sonnenberg
Chair, Annual Giving Campaign

AUTUMN CELEBRATION: 2006

On September 15, CIP's Board of Directors hosted the Celebrating Community event at the lovely home of Director **Mary and Taghi Rezaian**. This annual gathering is an opportunity to welcome new and returning supervisors, trainers, admin staff, and intern-therapists. (In all, the CIP community comprises more than 100 individuals.) A recent addition to the catered dinner affair has been the graduation ceremony for those interns who have completed their internships at CIP.

After introductory remarks by Executive and Clinical Director **Dr. Robin Joy Berenson, Bruce Immerman** spoke on behalf of the graduating interns. He told of a recent visit to his grandmother in honor of her 100th birthday. He found a moment alone with her and asked the secret of her longevity. Her answer was, "Because I have all of you around." He said that this was his answer to his success at CIP: the support of his fellow intern-therapists and all the others at CIP. Community support makes the difference. Then he added, "By the number of you gathered here today, I see it's important to all of you, too."

Eight interns completed their training at CIP in August 2006: **Saralyn Bregman, MS; Nerina M. Cecchin, MS; Kristi Hudson; Laurie Hunt; Bruce Immerman; Irma Rivera-Carlisle; Tom Thurston, MA; and Jessica Tsukahara, MA.**

Of his fellow interns, Bruce said, "I can't say enough to thank you." He congratulated and thanked each for his or her individual gifts and talents.

Assistant Clinical Director **Eloise Rivera, MFT**, then presented each graduating intern with a beautiful keepsake box containing messages from fellow interns and supervisors. As each graduate was named, Eloise quoted some of the adjectives ascribed to each as he or she came forward. Eloise spoke eloquently of her appreciation for all those who were leaving CIP and all they had contributed.

Director of Doctoral Studies, **Kenneth Pound, PsyD**, offered a farewell to Core Staff member **Patricia Bresky, PhD**, whose support for intern-therapists, he stated, was what CIP strives for: helping them learn to take care of themselves as well as their clients, in order to maintain a healthy balance. It was sad to say goodbye, he said. She will be greatly missed.

Ken then introduced incoming Assistant Clinical Director **Deanna Reardon, PsyD**, whom he met in the doctoral program in graduate school. Welcome, Deanna!

CIP AT 30 . . . LOOKING BACK

"ENORMOUSLY GRATIFYING"

Why have I been a CIP supervisor for ten years? Because it's enormously gratifying being able to help train future professionals as psychotherapists. I not only have an opportunity to teach from my experience, but also I gain a tremendous amount in terms of my own learning — I need to articulate what it is that I'm thinking, why I'm thinking that, and why I do what I do. So I find it to be a very mutually beneficial relationship.

I've also been a supervisor for ten years at CIP because I really support the work that CIP does in terms of being able to serve those who can't afford other psychotherapeutic services. I think CIP is an invaluable service to our community and it's wonderful they've been able to do so for 30 years.

— *Ruth Jaeger, LCSW*
Supervisor

"TRULY GRATEFUL"

It is difficult to put into words the admiration I have for CIP and how much my experience here means to me personally and professionally. I am truly grateful for the opportunity I've had to begin to develop my clinical skills at CIP.

— *Lya Chapman, MA*
Former Intern-Therapist

CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR
Robin Joy Berenson, PhD, MFT

ASSISTANT CLINICAL DIRECTORS
Sarah Cirese, PhD, MFT
Deanna B. Reardon, PsyD
Eloise Rivera, MFT

DIRECTOR OF PRE-DOCTORAL STUDIES
Kenneth Pound, PsyD

COMMUNITY OUTREACH DIRECTOR
Jeana Reynolds, MFT

COORDINATOR, CIP SEMINARS FOR PROFESSIONALS
Eloise Rivera, MFT

COORDINATOR, CLINICAL CONVERSATIONS
TBA

COORDINATOR, INTERN TRAINING PROGRAM
Deanna B. Reardon, PsyD

COORDINATOR, TRAINING FOR SUPERVISORS
Sarah Cirese, PhD, MFT

TRAINER ADVANCED CASE CONFERENCE, TRACK C
Bryan Wittine, PhD, MFT

DIRECTOR OF ADULT GROUP THERAPY PROGRAM
Gary Hoeber, MFT

DIRECTOR OF BEYOND HUNGER/EMBODY POWER PROGRAM
Katherine Mapes-Resnik, MFT

DIRECTOR OF COUPLES THERAPY PROGRAM
Marianne H. Stefancic, MFT

DIRECTOR OF EATING DISORDERS PROGRAM
Thia Haselton, MFT

DIRECTOR OF HOMEWARD BOUND PROJECT
Delia Brinton, MFT

DIRECTOR OF RITTER HOUSE PROJECT
Marilyn Mazer, MFT

DIRECTOR OF SCHOOLS PROGRAM
Andrew M. Lamden, LCSW

DIRECTOR OF SUBSTANCE ABUSE OUTREACH PROGRAMS
Belinda Ryland, MFT

SUPERVISION FOR SUPERVISORS
Sarah Cirese, PhD, MFT

SUPERVISION OF PSYCHOLOGICAL TESTING PROGRAM
Nancy Olesen, PhD
Marjorie Gans Walters, PhD

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CLINICAL STAFF (CON'T)**Clinical Supervisors**

Kathleen Adams, LCSW
 Mary Jo Ahlborn, MFT
 Douglas Armstrong, PhD
 Barbara Berman, PhD
 Arlene Bermann, LCSW
 Karla Clark, PhD, LCSW
 Susan Clifford, PhD
 Janet Constantino, MFT
 Peter Coster, MFT
 Jane Cunningham, MFT
 Noreen Dunnigan, MFT
 Patricia Frisch, PhD
 Gini Gardner, MFT
 Janet Gelatti, PhD, MFT
 Ruth Goldman, PhD
 Elena Gonzales, PhD
 Hollie Hannan, PhD, MFT
 Andrew Harlem, PhD
 Ondina Nandine Hatvany, MFT
 David Henning, MFT
 Sally Holland, PhD, MFT
 Wendy Homer, MFT
 Kathryn Hughes, LCSW
 Anca Ivan, PsyD
 Ruth Jaeger, LCSW
 Diane Kaufman, MFT
 Andrew Lamden, LCSW
 Mario Lamorte, MFT
 Carol Law, MFT
 Susanne Light, LCSW
 Lisa Hauck Loy, MFT
 Gale R. Lipsyte, PhD
 Mary Paige, MFT
 Susan Pease, LCSW
 Margaret Perlstein, MFT
 Kristine Pfeleiderer, DMH
 Erica Posner, MFT
 Eric Reitz, PhD
 Jeana Reynolds, MFT
 Patricia Ross, MFT
 Frederick G. Rozendal, PhD
 Elana Schlesinger, PsyD
 Stephen M. Schoen, MD
 Holly Seerley, MFT
 Paula Siegel, MFT
 Joan Sommer, PhD
 Molly Merrill Sterling, PhD
 Ann Van Steenberg, MFT
 Wendy von Wiederhold, PhD
 Karen Weinberger, LCSW

Intern-Therapists

Sarah Alexander
 Sandra F. Ally, MA
 Deborah Berenholz, MA
 Jennifer Carri
 Cara deVries, MA
 Margot Holdstein, MA
 Yvonne Klitsner
 Kimberly Krochock, MA
 Sasha E. Lustgarten
 Cristina Marie Loree
 Kay McNamara, MA
 Mytrae Meliana, MA
 Carol Michelson, MA
 Marcus Moore, MS
 Charles Murray
 Heather Powers
 Dan Quinn, MA
 Sunny Sabbini
 Laura Williams

CIP EATING DISORDERS PROGRAM TO OFFER THERAPY GROUPS

by Thia Haselton, MFT, Director, Eating Disorders Program

CIP's Eating Disorders Prevention and Treatment Program offers comprehensive treatment for anorexia, bulimia, body image issues, compulsive eating, and related issues for food-challenged individuals. Clients learn tools to reduce the anxiety that often fuels eating disordered behavior, and receive referrals to nutritionists and physicians as needed. Referrals to the program are welcome.

Starting in late January, CIP will also be offering two new support groups in our San Rafael offices: Eating Disorders Recovery Group for Women, and a Friends and Family Group for support people to come together with the recovering individual. These two groups will be led by CIP intern-therapists participating in the Eating Disorders Program.

The Eating Disorders Recovery Group offers support and structure. Members formulate treatment goals and check in on their progress each week. In addition to supportive discussions, members are taught such coping skills as reaching out for help and connecting with the body. Art and writing projects further recovery, providing a way to concretize the recovery process. Assignments from the book, *Don't Diet Live It*, provide homework between meetings to guide, teach and reveal areas in which to grow.

Family and friends of eating disordered individuals often experience fear, confusion, and frustration. What seems like support may be too much one day and not enough another day. Often, the recovering individual is confused him or herself, making explanations to others difficult or impossible. The Friends and Family Group helps members understand eating disorders, accept the sometimes unpredictable course of recovery, take care of themselves, and learn to set appropriate boundaries.

In addition to our onsite Eating Disorders Program, CIP collaborates with Beyond Hunger to offer Beyond Hunger/EmBody Power, an eating disorders prevention/education program for middle school and high school students in Marin. The program offers classroom presentations throughout the school year, with follow-up groups for those seeking additional support. If you would like to know more about this program, contact the EmBody Power Director, **Katherine Mapes-Resnik**, at (415) 454-2674 or the Beyond Hunger Director **Shannon Myers** at (415) 459-2270.

SELF-DIAGNOSIS CHECKLIST

CIP understands that clients need to feel safe and understood. Eating Disorders carry much shame and isolation. If you or someone you know has disordered eating or body image, please call us for an assessment.

1. Do you feel guilt and remorse about your eating/not eating?
2. Are you terrified about being overweight?
3. Has anyone ever told you that you have a problem with food/weight/body-image?
4. Does the scale tell you how to feel about yourself?
5. Do you feel that food or thinking about food/body size controls your life?
6. Do you have a history of dieting?
7. Do you avoid eating when you are hungry or continue to eat when you are full?

(Adapted from The Eating Disorders Collaborative)

CIP INTERNSHIPS OFFER PERSONAL FOCUS

CIP offers rigorous clinical internships for graduate students in psychology, social work, and counseling. Our excellent training and supervision provides exceptional opportunities for individuals interested in working in a community-based environment with a diverse population and a wide range of issues. We offer a flexible work environment that honors cultural differences and promotes an atmosphere of continuous learning that encourages innovation and professional development. Interns select a special project for their personal focus. Here are two examples.

HOMeward BOUND OF MARIN CHILDREN'S THERAPY GROUP

Marcus Moore, a second-year CIP intern, found his outreach project at Homeward Bound of Marin both challenging and rewarding. His challenge was adjusting to the more chaotic relational style of some families. The Homeward Bound children came from difficult economic situations, often living on the street, and with much physical and emotional flux in their lives. "They had to develop a variety of defenses," Marcus explained, "becoming either loud, forceful and angry or shy, withdrawn, and compliant."

Marcus co-facilitated an experientially oriented group of children using play, art, and crafts. "The turnaround [of families] was rapid and we wanted to make as much impact as we could in short periods." What Marcus found rewarding was giving the children an environment with both boundaries and freedom. "We wanted to give them a safe connection with adults."

One of Marcus' clients, a five-year old boy named Fred, had had a tumultuous childhood. Fred's biological father was in prison. His mother was an immigrant who had had a series of relationships, some of them violent. (One boyfriend had been imprisoned.) Fred had negotiated a violent world for most of his life, yet still loved and idealized his mother and father. Fred's fantasies were often frightening and bizarre and sometimes merged with memories of real episodes of violence.

The therapy group gave Fred a space to speak of his experience, and he bonded quickly with Marcus, finding a male attachment figure in

him. Very soon, Fred would sit right up against Marcus, side by side, imitating whatever Marcus did. Fred's artwork reflected ways he would protect himself from the world he feared.

"I worried about Fred," Marcus said, "and felt sad and angry at his situation. With an innate biological resilience, smart and charming, he was forced to negotiate a difficult situation, one that kids shouldn't have to."

For Marcus, the experience was powerful. He learned to both play and set boundaries with children, incorporating freedom and structure, and about other Marin mental health resources. He gained experience in dealing with cross-cultural issues and working with a team of other professionals.



ADULT GROUP THERAPY PROGRAM

Sunny Sabbini, a second-year CIP intern, chose for her special project, CIP's Adult Therapy Group Program. Last year, she co-facilitated the Interactive Psychotherapy Group for men and women, which has been a valuable part of Sunny's clinical training and experience.

"It has been challenging but worthwhile to learn to navigate multiple levels of information, emotion, and interaction taking place in the group,"

she explains. "The varied dynamics of group members, their relationships with the co-facilitators, and even the co-facilitators' relationships to each other add to this complexity."

The group has been a place for

Witnessing and facilitating members in having real, often difficult, but ultimately healing experiences with each other has been a profound, satisfying, and precious personal experience.

members to share, risk, and experiment interpersonally. Giving and receiving authentic feedback without escalating defenses, balancing their own needs with others', staying and working through conflict, are ways in which members challenge and encourage each others' personal growth. The group has become an increasingly important part of members' lives as they come to value each others' opinions and ways of being in the world, but even more significantly, who they are to each other. It brings a true sense of community to their lives.

Over the course of the group, Sunny has discovered a more natural and authentic style of facilitating. "I have brought more of myself into the room. The group members' experience of me as a facilitator is markedly different from when I began. And this ultimately shows in our relationship, and how the group is held. Witnessing and facilitating members in having real, often difficult, but ultimately healing experiences with each other has been a profound, satisfying, and precious personal experience," Sunny concludes with a smile. And through the increased development of connection, tolerance, honesty, introspection and authentic expression, the group is a microcosm of the healthy human systems we are all working to foster, which Sunny believes can contribute to a broader social transformation.

Space Available:

CIP's Adult Therapy Group Program has space available in the Weekly Men's Group and Mixed Adult Group. Phone (415) 459-5999, ext. 450.

CIP AT 30 . . . LOOKING BACK

A DUAL MISSION

In 1977, the Marin Psychological Training Services — the first internship program in Marin — was founded in San Rafael with a dual mission: to provide a rigorous training program to fully prepare psychotherapy-interns and to provide quality, low-fee mental health services to individuals and families who otherwise could not afford needed services.

Over the years, CIP has grown surely, steadily. Here are some milestones (for a more complete listing, visit us at counselingcip.org):

1977 The Marin Psychological Training Services (later renamed Community Institute for Psychotherapy) is founded in San Rafael with four interns. Our Help for Disadvantaged Families and Individuals Program is inaugurated.

1982 CIP adds second- and third-year training for interns.

1991 The Doctoral Studies Program is created. CIP begins the Schools Project for Disadvantaged Students At Risk and Support for Single Mothers Outreach programs.

1994 CIP receives accreditation from the Psychology Internship Council, and adds three new community outreach programs, including Support for Survivors of Childhood Abuse, Adult Therapy Groups, and Homeward Bound of Marin Therapy Groups.

1995 CIP begins Psychological Testing Program and Seminars for Professionals, and hires two Assistant Clinical Directors.

1996 CIP begins the Ritter Center Program, counseling the homeless.

1998 CIP creates the Eating Disorders Program and EmBODY Power Program for teens. CIP is approved as Medi-Cal provider.

1999 CIP joins with Family Service Agency, Jewish Family and Children's Services, and Catholic Charities CYO as founding members of the Marin Mental Health Alliance (MMHA).

2000 CIP inaugurates the fourth- and fifth-year training, launches Clinical Conversations case conferences, and begins the Couples Therapy Program.

2004 CIP launches our Professional Development Program for mental health practitioners, offering membership and a full schedule of seminars, case conferences, trainings, study groups, and classes. CIP inaugurates services at Helen Vine Detox Center.

2005 CIP and other MMHA members create Marin Alliance for Psychiatric Services, providing psychiatric services on a sliding scale for low- and moderate-income and uninsured clients. CIP's EmBODY Power joins with Beyond Hunger to provide comprehensive prevention, education, and counseling services to Marin middle- and high-school students.

2007 CIP celebrates 30 years!



Frances Freewater, then Intern Mary Rezaian, Robin Berenson.

SHEILA PROPHETER LOOKS BACK

Co-founder **Sheila Propheter** remembers traveling back and forth to Sacramento handling the legal details to set up CIP as a nonprofit organization. At that time, she says, the agency was the only training facility for interns providing training and supervision in the county.

Sheila has found it noteworthy that so many who have gone through the program as interns have stayed to become supervisors and trainers. She herself has remained, through the years, in multiple capacities, including as individual supervisor and as a trainer on the subject of Family Therapy. In private practice in Marin, she is currently one of our licensed contract therapists.

"It was extremely satisfying to get CIP going and watch it grow throughout the years. CIP is a wonderful asset to our community," she says.



Co-founders Margo King and Kathleen Meagher in 1981.

"Volunteering for CIP has been part of my professional life from the time I was an intern and member at CIP in 1978-1982, participating with the founders **Margo King, Kathleen Meagher, and Sheila Propheter**, and others who created the depth psychotherapy program from which CIP has expanded to be the substantial program that it is today. I was the first second- and third-year intern and continued as teacher and supervisor . . ."

— *Marianne H. Stefancic, MFT*
Director, Couples Therapy Program
(see group photo page 12)

SEMINARS FOR PROFESSIONALS

Held at the Town Center Community Room, 770 Tamalpais Drive, Corte Madera

BODY AND MIND, LOVE AND LOSS: THE MEANING AND ASSESSMENT OF CRYING BASED ON ATTACHMENT THEORY AND RESEARCH *with Judith Kay Nelson, PhD*

Saturday, January 20, 2007, 9:00 AM – 4:00 PM

Limited to 100 participants

Crying seen from an attachment/caregiving framework provides valuable clues about attachment relationships and experiences, and about the state of the current therapeutic attachment bond or relationship. Crying is also invaluable as a guide for the therapist in the selection of healing responses and interventions.

The training will provide clinicians with a classification of types of crying and a framework for the clinical assessment of healthy and symptomatic crying and inhibited crying related to attachment styles. Using clinical case examples, the theory will be applied to crying in the clinical hour (including crying by the therapist) to illustrate the application of an attachment perspective, including guidelines for intervention.

Judith Kay Nelson, PhD, is a licensed clinical social worker in private practice as a psychotherapist in Berkeley. She is a member of the Core Faculty of The Sanville Institute (formerly the California Institute for Clinical Social Work) and the author of the book *Seeing Through Tears: Crying and Attachment*.

CIP Members: \$100 if received by January 5, or \$120 late registration.

Non-members: \$120 if received by January 5, or \$140 late registration.

6 CEUs approved for MFTs and LCSWs and 6 CEUs approved by the MCEPAA for Psychologists.

PSYCHOANALYTIC COUPLE THERAPY *with Shelley Nathans, PhD*

Saturday, March 10, 2007

9:00 AM – 1:00 PM

Limited to 100 participants



This presentation will offer an introduction to the theoretical principles of psychoanalytic couple therapy. Using an object relations point of view, including Klein, Bion, Britton, and the work of the Tavistock Center for Couple Relations, we will discuss the psychoanalytic frame, transference, countertransference, projective identification, the shared unconscious and interpretation to the couple. Particular attention will be given to Bion's concept of container/contained and the notion of "the third" as it applies to couple psychotherapy. Clinical material will be included to illustrate the discussion of the theory.

Shelley Nathans, PhD, is a clinical psychologist in private practice in both San Francisco and Oakland, and a member of the teaching faculty at the California Pacific Medical Center. She trained with the Tavistock Center for Couple Relations for Advanced Training in Psychoanalytic Psychotherapy with Couples and has given presentations and taught courses on couple psychotherapy at many venues.

CIP Members: \$70 if received by February 23, or \$80 late registration.

Non-members: \$80 if received by February 23, or \$90 late registration.

4 CEUs approved for MFTs and LCSWs; submitted to MCEPAA for approval for Psychologists.

TO REGISTER FOR SEMINARS, CLASSES & GROUPS

Visit www.counselingcip.org

or call

(415) 459-5999 ext. 101

Space is limited!

BECOME A MEMBER!

CIP members enjoy opportunities to enhance personal and professional development and an ongoing supportive network.

Membership benefits include:

- Special membership rates for CIP's program of expanded professional education opportunities
- Listing in the membership roster
- Eligibility to participate in CIP's Community Speakers Series

Apply today online at:
counselingcip.org

SUBMISSIONS WANTED!

We invite CIP Members to submit articles for "Professional Insight" on topics of professional interest for publication in this newsletter.

Send articles 600-650 words, plus short bio and photo to:

CIP Newsletter
1330 Lincoln Avenue # 201
San Rafael, CA 94901
rjberensoncip@aol.com

STUDY GROUPS & CLASSES

Held at CIP, 1330 Lincoln Avenue, Suite 201, San Rafael

KEEPING THE BRAIN IN MIND with Sarah Cirese, PhD, MFT

Second Friday of each month beginning January 12, 2007
Noon — 2:00 PM

Limited to 20 participants

The most important developments in psychotherapy this decade involve an integration of research and opinions from the neurosciences. Many psychotherapists currently practicing either did not get a good neurobiological foundation in graduate school or want to update and deepen their knowledge of brain processes and psychotherapy. This course will survey recent findings from neuroscience.

The goal of this course is to provide an up-to-date survey of research in the field of neuroscience relevant to psychotherapists. The objective is to provide mental health practitioners with a contemporary, practical, and comprehensive overview of the neuroscience of psychotherapy.

By popular demand, this is an updated repeat of the series by the same name offered in spring 2005.

Sarah Cirese, PhD, MFT, is an Assistant Clinical Director for the Community Institute for Psychotherapy (CIP) in San Rafael, CA. In her private practice in Corte Madera, she works with couples and individuals. She also supervises interns for APPLE Family Works in San Rafael.

CIP Members: \$180; Non-members: \$200.
10 CEUs. Approved for MFTs, LCSWs, and Psychologists.
Certificate: \$5 MFT/LCSW; \$15 Psychologists.



LANGUAGES OF THE HEART: POETRY, STORY, MYTHOLOGY AND THE REVITALIZATION OF THE TALKING CURE with Gary Hoerber, MFT

Saturday, February 10, 2007, 10:00 AM – 1:00 PM

Note different location: Town Center
Community Room, Corte Madera

The “Talking Cure” was an early name for psychoanalysis. For modern psychotherapy, it is our “talking” that is in need of a cure. Poetry, story and myth may be the treatment of choice. Psychological jargon might help us communicate with colleagues and complete our managed care paperwork, but what about the heart and soul of psychotherapy?

Poetry could be the most precise language for describing the human condition. The unfolding of the human psyche might be best described using the narrative forms given to us by great storytellers. What if mythology contains more wisdom than our theories of psychological development? If so, then, for psychotherapists to be competent, we must be conversant in these languages of the heart.

Gary Hoerber, MFT, has been a psychotherapist since 1976. He is a leading practitioner and teacher of group psychotherapy. His work with individuals focuses on the unfolding of one’s life purpose, using a depth psychology informed by poetry, story and mythology. He is also an Associate Professor of Counseling Psychology at John F. Kennedy University.

CIP Members: \$50; Non-members \$60.
3 CEUs. Certificate: \$5 MFT/LCSW; \$15 Psychologists (submitted to MCEPAA for approval).



CLINICAL CONVERSATIONS

Where: CIP, 1330 Lincoln Avenue, Suite 201, San Rafael.

When: Third Friday* of the month, Noon – 2:00 PM
(*Some exceptions; see schedule below)

Members: Free (MFT/LCSW CEUs \$5) Non-Members: \$15 (MFT/LCSW CEUs \$5)

This CIP program offers clinicians a monthly forum for exploring the more intriguing and perplexing — and often less talked about — aspects of our work.

- January 19: **Stephen Schoen, MD** — *How DO Men and Women Do Therapy Differently*
- February 16: **Susan Diamond Moore, LCSW** — *A Not-So-Simple Twist of Fate: Wounded Healer Meets Wounded Patient*
- March 16: No meeting
- April 20: **John Gusman, LCSW** — *Therapeutic and Metaphorical Use of Magic Tricks, Juggling, and Humor*

If you would like to present or suggest an idea for a topic or presenter, please call Dr. Sarah Cirese (415) 459-5999 x 303.

Continuing education for MFTs/LCSWs approved for 2 hours.



SUPERB WINERIES FOR 2007 WINE TASTING

Among the most popular features of CIP's annual benefit, An Extraordinary Evening with the Arts, is the Wine Tasting. We are indebted to Glenn Thompson, our Wine Tasting Chair, for his help in enabling us to offer a selection of wines from the following fine wineries.

Carneros della Notte
Franciscan Oakville Estate
Grove Street Winery
Row Eleven Wines
Starry Night Winery
Viviani Vineyards
von Strasser



Grove Street Winery, a Principal Sponsor of the 2007 Extraordinary Evening with the Arts, will be among the fine wineries featured in this year's Wine Tasting.

SPONSOR SPOTLIGHT: GREENPOINT MORTGAGE BUILDING FOR THE FUTURE

The GreenPoint Mortgage corporate logo is displayed proudly at the company's corporate headquarters located against the scenic rolling hills of northern Marin County. Not far away is a quiet neighborhood of comfortable family homes with soft laughter from children playing in the yards. Yet this picture-perfect setting does not isolate the national mortgage leader from helping others to help themselves.

As one of the North Bay's largest employers, GreenPoint takes its corporate responsibility seriously by giving back to the communities where they do business. Many local non-profit organizations such as Marin Services for Women, Novato Human Needs Center, Face-to-Face Sonoma County AIDS Network, San Marin High School, Marin Senior Coordinating Council, North Bay Children's Center, and Habitat for Humanity have been the fortunate recipients of GreenPoint's corporate giving and personal involvement.

"Our business thrives in healthy communities where families can grow and prosper," says **GreenPoint President and CEO Steve Abreu**. "Non-profit organizations like Community Institute for Psychotherapy (CIP) provide critical low-cost services to those in need, giving hope for a better tomorrow."

GreenPoint is one of the top wholesale mortgage lenders in the country and credits its success to their agility in creating new mortgage products that meet the changing marketplace. Primarily a wholesale lender, the company works through mortgage brokers who assist borrowers in finding the right loan programs that meet their needs.

With a tradition of technology, cost effectiveness, innovation, customer service and flexibility, it is easy to understand why GreenPoint supports CIP's 30-year history of providing outstanding mental health services and training programs to future psychotherapy practitioners.

"CIP uses the same principles we use in business to provide important services in Marin County," adds Abreu. "Defining the need and implementing a successful strategy that offers quality mental health counseling services to low-income individuals and families, contributing to a quality of life that benefits all of us."



Steve Abreu, President and CEO, GreenPoint Mortgage.



Save the Date!

*Saturday,
April 14, 2007*

6:00 - 9:30 p.m.

*Thirteenth Annual
Extraordinary
Evening
with the Arts*

CIP AT 30...LOOKING BACK THEN ... AND NOW

When I came to CIP as an intern-therapist in the early 1980s, it was a small agency with an enormous heart. Born of a vision to provide quality, low cost mental health services in affluent Marin, CIP has always been known for its excellent training program for therapists. But aside from the clients we served and mental health professionals who volunteered, CIP really was not well known.

Some years ago **Robin Berenson** conceived of An Extraordinary Evening with the Arts as an opportunity to refresh our spirits and share our vision. In the 10 years since I joined the CIP Board of Directors, our event sponsors have multiplied, as have the programs CIP offers to the community.

Much love and commitment have brought us to this 30-year celebration. We are still an agency with an enormous heart, still the most cost effective, and thanks to our supporters well positioned to continue serving Marin in the decades to come.

*— Mary Breme Rezaian, MFT
Secretary, CIP Board of Directors*

A MESSAGE FROM THE PRESIDENT: AN OPPORTUNITY TO SERVE

I have always considered it a privilege to be a contributor within the nonprofit community, and those associated with CIP in particular have been wonderful to work with over the years. We are very proud of what we have accomplished over time, delivering quality affordable counseling and support to many of our most vulnerable citizens at a time when they are the most in need.

In the 18 years I have been on the Board at CIP, I am most gratified that our underlying mission of providing affordable counseling has remained unchanged, and at a time where the demand for our services has increase dramatically. This year we have provided over 10,000 hours of counseling to those who would otherwise be denied access to the mental health process.

This has been a very rewarding experience for me and for all the people associated with CIP. If you or a person you know would like to learn more about how you can help, please call me at 460-1412.

We are looking to expand our Board and would like an opportunity to meet you and tell you more about who we are and how you might help .

Thanks for your support.

— *Lorn Dreitzler*
President, Board of Directors

2007 SPONSORSHIP COMMITTEE REACHES OUT

If sponsors are the lifeblood of the Extraordinary Evening with the Arts benefit, then the Sponsorship Committee is at the heart of the event's success.

CIP is pleased to announce the 2007 Extraordinary Evening with the Arts Sponsorship Committee. This dedicated group of individuals is led by Sponsorship Chair and CIP Board member **Perry Litchfield**. Perry is joined by fellow board members and committee veterans **Iraj Zolnasr**, Coldwell Banker, and **Gregg Elberg**, President, Gregg Financial Services. We are delighted to welcome first time committee members **Darren Davis**, a Novato resident and member of Morgan Stanley's investment banking division in San Francisco; and **Alicia Baldwin**, a Case Manager who provides bilingual, Spanish-speaking legal services at Kuvara Law Firm in San Rafael.

The Sponsorship Committee invites Marin-based corporations and organizations to partner with CIP by becoming a sponsor of the Extraordinary Evening with the Arts benefit, the proceeds of which enable CIP to bring high quality, low-cost mental health services to our community. Sponsors receive multiple benefits, including wide-spread community recognition, marketing opportunities, and complimentary tickets to the event.

As we go to press, the Committee has confirmed 19 businesses and professionals whose sponsorship pledges total more than \$36,500, all of which funding will go directly to support program services. **Principal Sponsors:** Bayside Marin and Grove Street Winery. **Major Sponsors:** Freitas Foundation; GreenPoint Mortgage; **Lead Sponsors:** Bank of Marin; Friedlander Cherwon Capper LLP CPAs; Mel & Angela Dagovitz; First Federal Savings & Loan Association of San Rafael; First Republic Bank; *Marin Independent Journal*; and Montecito Plaza Shopping Center; **Contributing Sponsors:** Ron Andrews Medical Co, Inc.; Frank Howard Allen Realtors; LVP Marin Realtors®; Marin Mazda/Subaru; Old Republic Bank; Taddei, Ludwig & Associates;



CIP Board Member Perry Litchfield, CEO and Founder Bayside Marin, is sponsorship Chair.

BOARD NEWS

2006 CIP Board of Directors

Lorn T. Dreitzler, President
Robert A. Sonnenberg, Treasurer
Mary Breme Rezaian, MA, MFT,
Secretary

Gregg Elberg
Karen Koster
Perry D. Litchfield
Iraj Zolnasr

Board Emeritus

Harold C. Brown, Jr.
H. R. Granger, Jr.
Wayne L. Lesser
Stacy Scott

SPONSORSHIP LEVELS

Principal Sponsor \$10,000+
Featured Sponsor \$5,000
Major Sponsor \$2,500
Lead Sponsor \$1,000
Contributing Sponsor \$500

Benefits include:

- Complimentary tickets to the Event
- Acknowledgment in press and publicity materials, including CIP's quarterly newsletter (circulation 10,000)
- Display ad in the Event Program Booklet
- Thanks from the MC during the Event

All sponsors have the satisfaction of knowing your support is helping individuals, healing families, and strengthening the community.

Belvedere Tiburon Rotary Club; Wilson Markle Stuckey Hardesty & Bott; and Wordsworth.

We thank this year's committee members for their time, talent and commitment to making our 2007 event the best yet, and helping those in need! If you are interested in becoming a sponsor, or volunteering time as a Sponsorship Committee member, please contact CIP's Fund Development Director, Tracey Davis at 415-459-5999, ext. 429.

A Heartfelt Thank You to Our Donors (1/06–11/30/06)

Individual Donors

Circle of Inspiration

Scott R. Muldavin & Susanne I. Ragen

Circle of Friends

Maria Alex
Kreuzberger & Associates
Erin & Peter Badala
Kimball A. Baker
Jean Berenson-Tilem, MA, MFCC
Nancy Bertelsen
Cal Bewicke
Teresa Ann Blok
Ifaat Arbel Bosse
Rosamond Bray
Christina Colombo Briklen
Delia Brinton
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Ann Z. Buscho, PhD
Susan Chandler
Tessa & Fred Cherniss
William & Diane Clarke
Tracey S. Davis
Paul & Susan Edmondson
Daniel & Diane Farthing
Roger & Janet Freeburg
Ellen Garvie
Joseph & Deborah Goldyne
Joseph Greenberg
Donald & Thelma Gregory
W. & J.K. Hagel
Hollie Hannan
Alfred E. Heller

Circle of Friends (cont.)

Ruth Heller
Carol Dutton-Hollenberg
Rosie Houweling
Sue Ellen Hulley
Ronald Jorgensen
Nancy Freitas Lambert
Arthur Levy
Beverly H. Lill
Mavis Marney
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Paula Trehearne
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Grants

Allensby Charity Fund
Anonymous
Donald O. Collins Foundation
The Cooper Foundation
Fireman's Fund Foundation
The Freitas Foundation
The Furthur Foundation
The Richard D. Hannan Family Foundation
Herst Family Foundation
Kiwanis Club of Novato
Lucasfilm Foundation
Marin Charitable Association
Marin Community Foundation
Nightingale Fund
Pell Family Foundation
San Rafael Elks Lodge #1108
Christine Zecca Foundation

EXECUTIVE DIRECTOR

(CONTINUED FROM PAGE 1)

this complex, challenging, and rewarding work. The many contributions of the licensed professionals who have volunteered as trainers and supervisors. And especially the core staff—Assistant Clinical Directors and Director of Doctoral Studies—who have without exception been incredibly talented and dedicated professionals. I love the way we problem solve and grow together.

I appreciate, too, the support and friendship of the Board and others who have lent their time and talents to make our work possible and to create a strong, sustainable presence in the Marin community.

And, confirming how important, how empowering our work truly is, I daily see the courage and dedication of our clients, who work so hard to overcome cycles of abuse, depression, conflict, and other emotional pain. Their stories of moving from chaos to stability and hope continue to inspire and uplift.

AUCTION ITEMS WANTED!

Want to help CIP in an easy and fun way? We are busy putting together another great auction for April's *Extraordinary Evening with the Arts*, and there are many ways you can get involved.

Especially desirable donations are vacation homes, weekend getaways, adventure travel, outings, sports and entertainment events, spa visits, and restaurants.

From-the-heart-give-of-yourself talents are especially treasured—if you're a great baker, a gourmet cook, a gardener, landscaper, masseuse, carpenter, children's party-thrower extraordinaire, consider "auctioning off" your time and talent.

Make it a group project! Are you part of a book group, consultation group, business or service organization, faith-based group, Girl Scout troop, social or family circle of generous-minded folk? What about your bridge group, chess group, sewing circle or mothers' group?

Put together a Gardener's Paradise, Gourmet's Delight, Bookworm's Literary Line-up, Moviegoer's Night Out, Couple's Cocooning Kit. You and your group members can have fun acquiring and putting the pieces together.

Get It Written!
Structure & Support
for your long-term
writing project

- Workshops
- Individual Consultation



Barbara Swift Brauer, MA

bsbrauer@sonic.net • 415/488-4605

CRYING IS A TWO-PERSON BEHAVIOR

by Judith Kay Nelson, PhD

Crying from infancy onward is an attachment behavior that triggers a corresponding system of behavior--caregiving. Crying arouses and beckons the caregiver for purposes of affect regulation, making it a two-person event. This view of crying stands in opposition to "one-person" theories of affect discharge that focus on internal individual dynamics.

In a given crying experience, the interlocking nature of the two systems makes it almost impossible to know where one person's attachment and caregiving begin and the other person's end. Attachment behavior and caregiving behavior are a mutually interactive cycle. A number of questions come to mind. When a patient cries, for example, was I, in my role as caregiver/affect generator, helping the patient to embrace some aspect of grief and loss? Did I, in effect, "make" her cry? Or, if she began crying, did I, in my role as caregiver/affect-regulator, begin to empathize and soothe? Did I do something to distract her focus and thus help her turn down the volume on her grief or did I intervene in such a way that she did not cry in the first place?

Therapist and crying patient, like mother and crying child, enter each other's internal worlds in ways that defy language

To use a clinical example, I wonder if it was something I said or didn't say that triggered Karl's tears when he was telling me about his birthday surprise for his girlfriend: tickets to Hawaii. Overtly I attuned to his excitement, showing how I would feel if someone brought a similar surprise to me. That positive affect, I felt, could be affirming for him. His tears then would represent grief over the contrast between my response and those he had experienced in the past, combined with hope for repair and healing in the therapeutic relationship. If, however, Karl's birthday gesture were to be seen as part of pattern of over-giving in relation-



Judith Kay Nelson, PhD, will present a day-long seminar, "Body and Mind, Love and Loss: The Meaning and Assessment of Crying Based on Attachment Theory and Research," on Saturday, January 20. Please see page 6.

ships my positive response was a misattunement to the surface gesture leading to his tears.

Alternatively, given Karl's early experiences of grave disappointments with giving care in order to receive love, his tears could have been about our mutual but unspoken fear that his girlfriend's response would be understated or rejecting. Without consciously realizing it, I might have been worried that Karl would be re-wounded by her reaction to his surprise. Perhaps part of my helping to regulate his affect was to respond positively at one level while preparing him for the possibility of a disappointing outcome at another.

I could probably go on, see-sawing back and forth to Karl's feelings and then to my own attempts to identify the mutually generated source of his tears and the affect-regulating, caregiving aspects of both my soothing of him and his, perhaps unconscious, soothing of me. In the end, the best I can say is that clearly Karl and I were in this experience together, and in that particular clinical togetherness lay the experiences that could help him heal. And if mutuality is the paradigm, these same experiences together might bring some healing to me as well.

Therapist and crying patient, like mother and crying child, enter each other's internal worlds in ways that defy language because they reach parts of the brain and being that are far more basic and powerful than words. In discussing the intersubjective nature of the crying experience in psychotherapy, we are attempting to express in words something deep, vast and essentially indescribable. Still, this translation is part of the healing process as it awakens--or re-awakens--our consciousness to the powerful potential in this basic yet often over-looked, over-simplified and marginalized behavior.

MEMBER NOTES & NEWS

SpeakingQuest: Journey to Your Authentic Self: **Katherine Mapes-Resnik**, Embodiment Power Director and long time CIP supervisor, will be leading her 9th annual retreat on the island of Molokai, Hawaii, May 5-11, 2007. MFT's and LCSW's receive 31 CEU's for this six day retreat. For more information call Katherine at (415) 454-2674 or visit the SpeakingQuest website www.speakingquest.com

Jessica Teasdale has joined her supervisor, **Judith Weston-Thompson, MFT**, in private practice internship. Jessica will be seeing adults, couples, kids, families. She has an integrative approach which may also include sandtray, art & play therapy, and EMDR.

Holly Seerley, MFT, completed training to become a CHADD (Children and Adults w/AD/HD) Certified Parent to Parent Teacher. She will be offering a series of classes to parents in the fall through our local Marin CHADD group. For info call Holly Seerley's offices at (415) 924-6656.

Jen Tripathy, CIP alumnae, was appointed Program Director of Senior Access' Novato Center. Jen is fluent in Spanish and will expand Senior Access' ability to serve Marin's Spanish-speaking residents.



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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.counselingcip.org



CIP AT 30 ... LOOKING BACK

How many can you name? Help us identify CIP staff and interns shown here in 1981.

More photos, see page 5.