



COMMUNITY NOTES

DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

At CIP we work every day with individuals and families who have the courage to reach out for the help they need. Whether they have experienced a loss, suffer from

overwhelming depression or anxiety, or face a difficult transition, we as therapists work with them in developing the skills they need to cope with their situations, to draw on their innate resilience, and work through the challenges they face. We hold the hope for their healing until they can hold it for themselves.

No one is immune from difficulty and uncertainty. In these times, we can all benefit from keeping a positive view, remembering our resilience, and not being afraid to reach out for the help we need and the help we can give.

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January 1, 2009

Dear Friends:

What if you could bring together a family torn apart by tragic loss? Or help a single mother overcome a childhood scarred by violence to become the nurturing parent she so wants to be? What if you could guide a teen struggling to find his way in an environment where drugs and truancy are "cool?"

You can make these changes — and more — possible with your donation to Community Institute for Psychotherapy.

For more than 30 years, CIP has provided the quality, affordable care needed by individuals, couples, and families to overcome problems, strengthen emotional bonds among family and friends, and develop the stability and self-confidence to create better, healthier lives. With our clinical staff of more than 80 licensed mental health professionals who volunteer their time to mentor and train 20-24 talented intern-psychotherapists, CIP each year delivers more than 7,000 hours of counseling and psychotherapy to 650 families and individuals.

In today's troubled times, demand for our services is greater than ever before, as our community's most vulnerable struggle with job and housing insecurity, emotional stress and upheaval.

Your contribution makes it possible for those who cannot afford even \$35 per session to receive the timely, expert support they need to build the lives they reach for. So much can be accomplished with so little.

- Your donation of \$70 provides assessment and follow-up for a single mother and her children.
- A check for \$100 provides three counseling sessions for a teen struggling to find his way.
- Your gift of \$150 enables a family in turmoil to receive an entire month of therapy.

You can join with CIP to make change and hope possible for those in greatest need in our community through your tax deductible contribution.

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

Sincerely,

Bob Sonnenberg
Chair, Annual Giving Campaign

P.S. Every dollar helps, no gift is too small. Please send your contribution today!



THE TRAINING PROGRAM AT CIP

By Eloise Rivera, LCSW

When prospective interns interview for positions at CIP, they are very excited to learn about the exceptional and quite impressive variety and depth of the training program. The multiple-level trainings are targeted to meet the needs of both less experienced as well as advanced interns.

Interns at CIP commit to their work with the agency for a period of two years (although some stay 3, 4 and even 5 years) and include those who are currently in Masters level school programs, graduates of Masters programs seeking a Marriage and Family Therapist license, or in Pre-Doctoral studies.



Couples therapy training is one of the major specialty focus areas offered by CIP. From left, trainer Marianne Stefancic, MFT, and intern-therapists Kim Belfor, Wendy Labov-Dunne, and Catherine Schear.

day mornings. Some of the topics introduced in the first year are revisited from a different perspective. The second year Pre-docs are in a special intensive training program called Advanced Case Conference, which focuses on micro-analysis of psychotherapy sessions using process notes, tapes, or transcripts, along with some role playing of therapeutic interactions. Different techniques and topics relevant to long-term depth psychotherapy are discussed, based on case material presented by interns.

Additional trainings in specialty areas are offered to all interns. Trainings on working with children, adolescents, and families cover a variety of relevant topics. Other specialty trainings include multicultural issues, gay/lesbian and transgender issues, and the principles and uses of Cognitive Behavior Therapy. Finally, there are two major specialty training areas for interns interested in working with couples or working with clients with eating disorders.

The result is that every intern who graduates from CIP has gained a very solid foundation in training and experience to pursue a vocation as a psychotherapist. The agency could not accomplish its training goals and maintain such high standards without the support of a fine community of experienced clinicians who are dedicated to their profession and to fostering the development of the next generation of therapists. Their value as supervisors and trainers at CIP is immeasurable.

First year MFT interns learn the basics of beginning psychotherapy, forming therapeutic alliances with clients, diagnosis, suicide prevention and crisis intervention, to name a few. The second year MFT and the first year Pre-Doc interns attend advanced seminars that address topics related to the assessment and treatment of complex cases and issues that frequently arise in long-term psychotherapy. The format includes didactic and clinical material.

The advanced training program is quite intensive and includes training sessions on both Wednesday afternoons and Friday

Every intern who graduates from CIP has gained a very solid foundation . . . to pursue a vocation as a psychotherapist.

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Nancy Olesen, PhD

(continued on page 3)

CIP WISH LIST

- Ruled paper, with 3-hole punch
- Manilla file folders
- Laser printer
- Digital Voice Recorder (such as the Olympus VN-4100)

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 Kellie Beals, MA
 Kim Belfor
 Christina Coto
 Rebecca Goettsche
 Ariella Heidecker, MA
 Brooke Jackson
 Wendy Labov-Dunne
 Cristina Loree, MA
 Mary McCrystal
 Loi C. Medvin, MA
 Alisa S. Mishayev
 Robert Nemerovski, MA
 Carrie Newland
 Patrick Norton, MA
 Laurie Pantell
 Sonia Paz
 Jim Rosati
 Catherine Schear

THE EATING DISORDERS PROGRAM AT CIP

Ondina Nandine Hatvany, MFT
Director of the Eating Disorders Program

The Eating Disorders Program at CIP offers both individual counseling for adults and teenagers, as well as group support for those suffering from food, weight and body image disturbances. These groups range from preventative, psycho-educational groups in schools, for pre-teens and teenagers, to support group at CIP, for adults. We welcome referrals for both individual therapy and group participation (please see below).

So what exactly is an eating disorder and how do you know if you have one?

Eating disorders range from suffering due to a distorted body image and yo-yo dieting, to serious physical and mental health conditions which can have life threatening consequences, such as Anorexia or Bulimia. The problem is that the poor body image and yo-yo dieting very quickly can lead to the more serious conditions. As one of my clients, who has been in and out of hospital due to anorexia, said: "It all started with my first diet."

What is so dangerous about dieting?

Plenty of people who suffer from the poor self esteem and even self hatred induced by too many failed diets might feel that there is no point in counseling. They might feel that they just need to be more disciplined with their dieting and use stronger will power. What they don't realize is that dieting not only has been shown not to work (because most people gain back the weight they lost, plus more), but that it can actually be dangerous.

With therapy, clients are able to:

- be free from the obsession with food and weight
- put an end to body hatred and dieting
- break out of the "shame trap" and have an identity and self esteem that is not based on weight
- think and talk about problems rather than eat or starve over them
- reclaim their body and appetite for life!

GROUP PARTICIPANTS WANTED

CIP's "Body Image" psychotherapy group is interviewing prospective clients. Its goal is to provide a safe environment for people with eating disorders and difficulties relating to overeating, excessive dieting, and exercise to share their feelings. Using DBT techniques, art and meditation practices, group members will learn to tolerate distress and practice mindfulness, thereby beginning to nurture and respect their own bodies. For more information call (415) 459-5999 ext. 412.

CIP IS HERE TO HELP

We would like to share with you some of the stories that unfold at CIP every day. The names and details have been changed to assure client confidentiality, but the problems and solutions are very real.

Ritter Center Program

Phil, 45, came to CIP through the Ritter Center Program to receive support around his homelessness and to process his emotions regarding the sudden loss of his job and house. In therapy, Phil has been working to develop coping skills to help him through this unexpected life transition while also working to build self-esteem and foster independence to support his return to self sufficiency. Phil reports feeling encouraged from experiencing the support of a CIP therapist who truly cares about helping him.

Eating Disorders Program

Julia, 36, came to CIP when her husband became concerned about her eating habits and frequent anxiety attacks. Julia had therapy briefly with a college counselor in her late teens but did not divulge that she was struggling with Bulimia. She maintained good grades, but felt depressed and alone. Now 36 and a married homemaker and mother of two young daughters, Julia's symptoms began to reoccur when it became apparent that her husband's salary was no longer sufficient to keep the family in their home and that Julia would have to return to work.

In individual sessions at CIP, Julia has explored her connection to body image and feelings of worthlessness. The therapeutic relationship with her intern-therapist has been a safe haven to develop trust

and build life skills. She has also learned how to reduce her anxiety and to respond to emotions in healthier ways. She no longer binges and purges, and is still working on her self-esteem issues.

Couples Therapy

Marie and Joe sought services at CIP when they felt that their marriage of eight years was on the rocks. As a couple they had weathered many challenges, including Marie's treatment for ovarian cancer, the death of Joe's sister, and the loss of a home. In the past, they felt the crises had brought them closer.

Yet now Marie and Joe had begun to bicker over "every little thing." Marie's cancer had returned, requiring her to give up work during the months of treatment. The additional financial stress coupled with the diagnosis brought the couple to a devastating level of despair.

Greater demand for services increases CIP's need for your support. Please help us respond to all in need through your tax deductible contributions. Thank you!

In two months of therapy at CIP, Joe and Marie are gaining more skills to deal with the stresses they face as a couple and individually. Joe has increased his hours at work, providing needed additional income while Marie undergoes chemotherapy. They are each attending cancer support groups in addition to their couples therapy at CIP. Their collaborative work with their CIP therapist, their perseverance, communication and love are vital aspects of their success in seeing them through another challenging time. They have come together again in their marriage.

Help for Families

The four members of the Brightman family arrived at CIP anxious and hopeful that therapy would be able to help them grieve the loss of their twelve-year-old daughter, Tara, and honor her special life. Tara had passed away two months earlier after a four-year battle with leukemia. The entire family was engulfed by sorrow. Six-year-old Amy was having nightmares and crying often; fifteen-year-old Jason was having angry outbursts at home and skipping classes. Meanwhile, parents Tom and Linda were experiencing strain on their marital relationship from their grief as well as the stress of the four-year illness prior to Tara's passing.

Sessions at CIP provided the Brightmans a safe place to examine and express their emotions and roles around the illness, and what was left of the family now that Tara was gone. Through gentle exploration, the family gave tribute to Tara, while coming together again in a new constellation. While they still grieve their daughter and sister, they are beginning to feel some enjoyment in life again and that they have a solid foundation as a family.



CIP IS GOING GREEN!

Help us reserve resources —
Send us your email address
and receive *Community
Notes* by email!

cipmarin@aol.com

MEMBER NOTES & NEWS

Recent CIP alum **Kay McNamara, MA**, recent CIP alum has opened a private practice internship with Jay Earley, PhD, at 205 Camino Alto, Suite 140, Mill Valley. She is working with Internal Family Systems and other approaches that combine psychotherapy with spirituality. She can be reached at (415) 388-2132. Sliding scale available.

Ann Gordon, PhD, writes, "I am delighted to report that I have passed both the national (EPPP) and state (CPSE) licensing exams on the way to reaching my goal of becoming a licensed Clinical Psychologist. I want to thank the many skilled professionals at CIP who have contributed so much to my training at and beyond CIP over the years. I currently have private practice offices in San Rafael, at 1330 Lincoln Ave., and in Oakland, at 230 Grand Ave. I can be reached at (415) 460-1330.

Our apologies to **Michael Mesmer** for a misprint in our last newsletter, which incorrectly listed his website. Michael is the co-director of Building Better Families, Inc. (www.bbmarin.com).

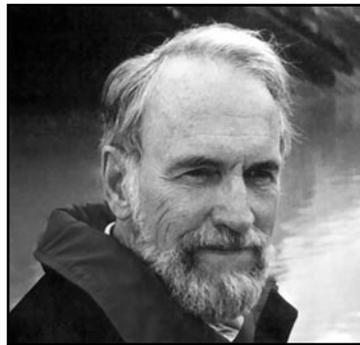
EXECUTIVE DIRECTOR (CONTINUED FROM PAGE 1)

For many, now is a time of hardship. At CIP, we are seeing this in the greatly increased number of calls for services as more and more are struggling to cope. Now, with the economic crisis, we ourselves are facing greater difficulty raising the funds we need to provide these additional services. As families and individuals reach out to us, so we reach out to our friends and supporters to help us help those in need.

As we look forward to a new year of challenges, we know that we are not alone, but within a larger community with many strengths. We hold the hope that these difficulties can be solved, that we can and will work through to better times in the months and years ahead.

HONORING JAMES F. T. BUGENTHAL

By Molly Merrill Sterling, PhD



James F. T. Bugenthal died peacefully at home, 93 years old. He lived fully and hence death, as a part of living, was something he lived toward, without fear, as far as I knew, and with awe and appreciation of its mystery. He taught eagerly all his life, at UCLA and Stanford Medical School, all over the country, and at the Evolution of Psychotherapy events, intensive workshops for those interested in existential-humanistic depth therapy, as well as for CIP several times. His books are timeless, especially today, because in his own language, he was reaching for the capacity for relating that has come into the fore in the last decade. I will quote him directly:

What does it mean to be alive? What is the fundamental principle or characteristic of human life? What distinguishes human life from other life forms?

To be alive is to be able to do things, to see and hear what's going on, to move, to taste, to smell, to touch, and to feel emotions. To be alive is to be aware of colors and sounds and people and buildings and streets and grass.... To be alive is to think about yesterday and tomorrow and today, to be concerned about what does and doesn't happen in one's experience, to feel for others, to know love and hate and joy and sorrow and hope and envy.... To be alive is to be puzzled about what it means to be alive.

(from *Psychotherapy and Process*, by James F. T. Bugenthal, 1978)

Jim mentored me, and many others, in just this fashion. He supported, he pushed, he cajoled, and wrote from the way that he lived. Once driving back from a five day intensive workshop at the Westerbeke Ranch he asked me about my experience of something, and as I reflected I ran out of recollection or depth (or willingness), and he said quietly, "There will be more. There is always more." We who knew him are holding this phrase closely, tenderly now as the entry to his legacy.

"SELF IN RELATION" ADULT THERAPY GROUP — REFERRALS WELCOME

CIP's "Self-in-Relation" psychotherapy group provides a supportive, challenging, and safe environment for women and men to discover and work through interpersonal issues. Some past members have found relief from feelings of isolation and difficulties connecting with new people. Others have made use of the group to help them improve their existing relationships. In general, the group has provided a productive, healing space for members to better understand and express themselves in order to become more connected to the people they care about.

The group is currently accepting new members, and referrals are welcome. The group meets Tuesday evenings, 6:00 to 7:30 PM and is co-led by CIP intern-therapists Loi Medvin, MA, and Bob Nemerovski, MA. Fees are sliding scale from \$15-\$25 per session. A 10-week initial commitment is required. For more information please call (415) 459-5999 ext. 420.

ANNUAL “CELEBRATING COMMUNITY” BRINGS ENDINGS AND NEW BEGINNINGS



fostered a desire and appreciation for life-long learning. In this spirit I leave the agency with faith that I will continue to grow and develop as a professional.

I have seen, too, my fellow interns grow as they accomplished the goals they have set out for themselves. Though we go in different directions now, we bring with us the feeling of community as we join the healing profession. As another group of interns graduates, CIP grows in its influence upon the community as it is expanded through the work we will undertake.

I want to express my gratitude to the staff, board, fellow interns, and all those who help make this internship program possible.

On September 14, 2008, CIP’s Board of Directors welcomed interns, supervisors, and staff to the “Celebrating Community” dinner and graduation ceremony at the home of Board Member Mary Rezaian and her husband Taghi Rezaian. Five of the eight graduating interns were present to receive their certificates and appreciation by their group supervisors. From left to right, they are Chip Murray, MA, delivering the graduation words (excerpted below); Kay McNamara, MA; Jennifer Carri; Mytrae Meliana, MA; and Sandra F. Ally, MA. Graduates not pictured were Cara DeVries; MA, Margot Kirschner, MA; and Carol Michelson, MA.

EXCERPTS FROM “CHANGE: BEGINNINGS, ENDINGS, GROWTH” BY CHIP MURRAY, MA

For some, this is a time of beginnings. . . . For others, myself included, this is a time of endings. Those leaving CIP are departing an integral community that has played a major role in our lives over the past year or years. Some of us are ending relationships with clients, supervisors, trainers, and core staff. It is rewarding to reflect upon all we have accomplished and bittersweet as we go our separate ways. I will miss many things about this agency, perhaps my clients most of all.

The agency’s work is never done, and its willingness to evolve keeps it on the forefront of providers of affordable mental health care.

From my experiences at CIP I’ve come to develop a sense of self as a beginning therapist and professional. The trust the agency placed in me as an intern fostered an openness that allowed me to be myself and present my thoughts and questions in an authentic voice. . . .

More valuable to me than what I have learned at CIP is the new understanding of all that I have yet to learn. CIP has

EMOTIONAL HEALTH AWARENESS & SCREENING DAY



CIP volunteers (from left to right) Wendy Labov-Dunne, Jeana Reynolds, MFT, and Carrie Newland, were among those who participated in the Emotional Health Awareness & Screening Day on October 9, 2008, at Montecito Shopping Center in San Rafael. Eight CIP therapists provided free and confidential emotional health screenings and follow-up consultations to members of the community on mental health issues such as depression, anxiety, and mood disorders.

This annual event is a wonderful way to encourage the public to become more aware of their own mental health while also providing knowledge of the mental health resources in Marin.

THE CENTRALITY OF MINDFULNESS, ENACTMENTS, AND THE BODY

By David Wallin, PhD

Ever since *Attachment in Psychotherapy* came out last year, I've been traveling the country and "teaching the book." What I've realized is that *writing* the book changed me and the work I do with patients in three primary ways.

Mindfulness. The topic wasn't on my radar screen, either conceptually or personally. Then one afternoon I was sitting on my deck, thinking about what British researcher Peter Fonagy calls the "reflective self." This is, that potentially transformative part of the personality that allows us to consider how our mental models of *past* experiences shape our *present* experience of the world. As I reflected upon the reflective self, I posed to myself what seemed the inevitable question: *Exactly who is it that is doing the reflecting here?*

I came to understand that our felt experience can be transformed not only through reflection but also through mindfulness.

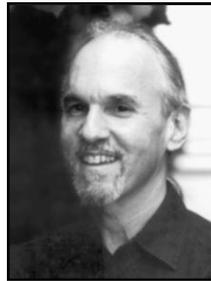
What I got in response was not an answer in the ordinary sense but rather an experience. I had the sudden, compelling, and slightly dizzying sense that my *self* as I ordinarily knew it had imploded. What remained was no "self" per se, but instead only awareness. In place of my usual experience of self—saturated with my history and identity, and taking up a good deal of psychological space—was what felt like a single point of consciousness that took up no space at all. For a couple of weeks or so, I was able virtually at will to reconnect with this newly discovered sense of self—or "no-self." As I did, I experienced profound feelings of well-being and gratitude as well as a much enhanced ability to be present.

I came to understand that our felt experience can be transformed not

only through reflection but also through mindfulness—that is, deliberate nonjudgmental attention to the present moment. Apparently the regular exercise of mindful awareness promotes the same benefits—bodily and affective self-regulation, attuned communication with others, insight, empathy, and the like—that research has found to be associated with childhood histories of secure attachment. As therapists, we would do well to cultivate both in ourselves and in our patients the capacity for an increasingly mindful stance toward experience.

Enactments. When we are neither mindful nor reflective, we can simply be embedded in experience. When our stance is one of embeddedness we operate as if on automatic pilot, taking at face value whatever we might be thinking, feeling, or doing at any given moment. Here, rather than *having* our mental states, it's as if we *are* our mental states. Rather than *interpret* our experience, we are defined by it. Enactments of transference-countertransference are examples of *shared* embeddedness in which—initially outside conscious awareness—our own attachment patterns interlock with those of the patient.

One of the overarching aims of an attachment-focused therapy is to generate a relationship within which our patients' dissociated and *unverbalizable* experience can be accessed and integrated. Because all of us are prone to enact what we can't put into words, enactments can be a royal road to the wordless world of dissociated experience. But only if, as therapists, we are capable of recognizing the enactments in which we are embedded.



To free ourselves to be of help to our patients, the key is repeatedly to ask, *What is it that I'm actually doing as I relate to this particular patient?* Recognizing the nature of our participation in enactments can begin to loosen their grip. Such recognition—which is often impossible without the aid of personal therapy or consultation—can potentially enable us to feel, think, and do things differently, with greater awareness, freedom, and compassion. Thus, as I've said many times, for the patient to heal, the therapist must be capable of change.

The Body. Suffice it to say that before writing the book, my own "talking therapy" made little room for the body. All this changed once I recognized that the core of the self is forged in the crucible of attachment relationships that are preverbal and in which emotion registers not as feeling, but as somatic sensation. Because the body remembers and reveals, we must always, as therapists, keep the body in mind: "reading" it, talking about it, and mobilizing it. And because what can't be said will not only be enacted but also evoked and embodied, we must learn to "listen" to the language of our *own* body as well as the body of the patient.

DAVID WALLIN, PhD, is a clinical psychologist and author who will be teaching an all-day workshop in San Rafael, CA on January 17, 2009. Please see page 10 for registration. *Attachment in Psychotherapy*—his book on which this workshop is based—has been described by Daniel Goleman (*Emotional Intelligence*) as "a brilliant leap in realizing the clinical promise of attachment theory, a synthesis that should be required—and will be rewarding—reading for every psychotherapist."

A Heartfelt Thank You to Our Donors (1/08 – 10/08)

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behalf of Stephen Schoen

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SPONSOR SPOTLIGHT

WORDSWORTH OF MARIN

Nearly 25 years ago, Barbara Swift Brauer and Laurence Brauer launched their home-based business, Wordsworth, among the rolling hills of West Marin's San Geronimo Valley. Combining the Brauers' backgrounds in publishing and broadcast journalism, Wordsworth serves the publishing and communication needs of nonprofits, publishers, and authors through writing, editing, and desktop publishing services.

CIP has been a Wordsworth client since 1988, when the agency had no computer or admin office of its own. Among the first

assignments was working with Robin Berenson to develop the Orientation Manual and Training Schedules. As time went on, Wordsworth gradually took on more responsibilities: drafting correspondence, press releases, grant proposals, and fulfilling the agency's typesetting needs, including *Community Notes*.

"Our relationship with CIP is a perfect fit," says Barbara. "We have come to know CIP from the ground up, and it has been very rewarding to work so closely with an organization with such heart, doing such important work in our community. Through CIP, I have come to realize how critical mental health is to the welfare of every individual, family, and community."

In addition to work for CIP, Wordsworth produces *Stone Soup*, the newsletter of the San Geronimo Valley Community Center, and anthologies by the Marin Poetry Center and California Poets in the Schools, among other projects. "We specialize in working with authors in all stages of their projects, from conception through to producing the final files for the printer.

"Wordsworth is very proud to sponsor CIP's *Rock'n Rodeo* and encourage other businesses invested in our community to do so, as well."

WORDSWORTH

www.wordsworthofmarin.com

Marianne Stefancic

Short Term, Effective

Couples Therapy Process

During difficult times and high anxiety, couples and families often suffer despair, helplessness and debilitating anxiety. Anxiety and worry create distortions in communication, decision-making processes and behavior. Many couples develop intense and painful conflict cycles often intensified by preexisting patterns.

I have developed a short term, effective and results oriented couples therapy process that has lasting effects proven over time. The couples process develops skills in mindfulness, communication, connection, insight and resource building. Given the stressors on the family, the couples therapy includes strategies for co-parenting as well.

I have worked with couples for over 25 years and am experienced and seasoned in many therapy modalities, I developed and directed the Couples Therapy training at CIP and teach couples therapy to interns, and have a private practice in San Rafael, treating couples and individuals.

For more information please contact:

Marianne Stefancic, MFT

(415) 460-0360

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GALA SPONSORSHIPS OFFER OPPORTUNITIES FOR BUSINESSES



Rock'n Rodeo
Saturday, May 2, 2009
4:00 to 8:00 PM



A dynamic group comprising community leaders and CIP Directors has come together to form the 2009 Rock'n Rodeo Sponsor Committee. Meeting monthly to brainstorm ideas for attracting support for CIP's fundraising benefit are **Barbara Jones**, **Marty Pomerantz** (Minto & Wilkie Insurance), and **Pamela Rice** joined by CIP Board members **Lorn Dreitzler** (Dreitzler & Associates), **Mary Breme Rezaian, MA, MFT**, **Martha DiSario** (Pacific Communications) and **Iraj Zolnasr** (Farmer's Insurance), and CIP Fund Development Director **Linda Naughton**, and Executive and Clinical Director **Robin Joy Berenson, PhD, MFT**.

"Each year, CIP's annual spring gala offers Bay Area businesses and professionals opportunities to gain public recognition and marketing benefits, as well as the satisfaction of helping to strengthen families and communities, through event sponsorships," explained Board President Lorn Dreitzler. "We are trying to get the word out to the business community about this win-win opportunity."

Already on board as sponsors for the May event are Attorney **Perry Litchfield**, founder of Bayside Marin, at the "Rodeo Champion" level; at the 3-Horseshoes level are **Autodesk**, **Freitas Foundation**, and **Wordsworth of Marin**; at the 2-Horseshoes level are **First Federal Savings and Loan** and **The Shuttle, Inc.**; and at the 1-Horseshoe level are **Frank Howard Allen Realtors**; **Montecito Marketplace/Seagate Properties, Inc.**; **Payroll Resource Group**; **Tamalpais Bank**; **Westamerica Bank**; and **Wilson Markle Stuckey Hardesty & Bott**.



Perry Litchfield.

"We are thrilled to have such strong sponsorship support, and expect that other businesses will join those already on board," said **Linda Naughton**. "Timely commitment means maximum benefits for sponsors."

The *Rock'n Rodeo* will be the nonprofit's fifteenth annual Spring Gala, which provides vital funding for CIP's quality, affordable services throughout the year. "This year, our need is as great as it has ever been," stated **Dr. Berenson**. "Just as families in need count on CIP, we rely on the Marin community to make our work possible. We are very grateful to these businesses."

Sponsorships range from \$500 to the \$20,000. Benefits vary by level of sponsorship, but all sponsors receive recognition in both pre- and post-event issues of CIP's quarterly *Community Notes* newsletter and press releases distributed to Bay Area broadcast and print media outlets; all sponsors receive an ad in the Event Program Booklet, and complimentary tickets to the event.

Commitments must be received by February 1, 2009 for media listing and an ad in the Event Program Booklet. Sponsors have until March 1, 2009, to make their contributions.

To become a sponsor, or to receive more information, please contact: Linda Naughton, Fund Development Director, CIP, 459-5999 x 429.

BOARD NEWS

CIP Board of Directors

Lorn T. Dreitzler, President
Robert A. Sonnenberg, Treasurer
Mary Breme Rezaian, MA, MFT,
Secretary
Martha DiSario
Karen Koster
Iraj Zolnasr

Board Emeritus

Harold C. Brown, Jr.
Gregg Elberg
H. R. Granger, Jr.
Susan Lachtman
Wayne L. Lesser
Perry D. Litchfield
Stacy Scott

ANNOUNCING CIP'S NEW BUSINESS & COMMUNITY PARTNERSHIP PROGRAM

Marin businesses and community groups are invited to help CIP provide the services that assure healthier homes, schools, and workplaces — and a healthier community for all through participation in our Business and Community Partnership program.

Your participation also serves to lend visibility to the importance of mental health and the availability of quality, affordable services here in Marin.

Benefits include public recognition in media press releases and acknowledgment in the quarterly *Community Notes* newsletter (unless anonymity is requested). Partnerships start with contributions as little as \$100.

Please contact: Linda Naughton, CIP's Fund Development Director at 459-5999 x 429 for more information regarding your donation.

SEMINARS FOR PROFESSIONALS

ATTACHMENT, RELATIONAL THERAPY, MINDFULNESS AND THE BODY

with David Wallin, PhD

Saturday, January 17, 2009

9:00 AM – 4:00 PM

Guzman Hall, Dominican University, 1425 Grand Ave. San Rafael

Inspired by Bowlby's pioneering insights, attachment researchers have brought empirical rigor to the study of the most intimate human bonds, generating the wealth of knowledge about parent-child relationships, the internal world, and psychopathology that has made attachment theory the dominant paradigm in contemporary developmental psychology. In this clinically focused workshop, David Wallin translates the findings of attachment research into a model of treatment as transformation through relationship. Integrating attachment with neuroscience, relational psychoanalysis, the practice of mindfulness, and a focus on the body, his framework is intended to help therapists to become more effective facilitators of growth and healing.

Clinical psychologist David Wallin, PhD, has been practicing, teaching and writing about psychotherapy for nearly three decades. He is the author of *Attachment in Psychotherapy*, and coauthor (with Stephen Goldbart) of *Mapping the Terrain of the Heart: Passion, Tenderness, and the Capacity to Love*.

CIP Members: \$90 if received by January 2, or \$110 late Registration

Non-members: \$120 if received by January 2, or \$140 late Registration

6 CEUs approved for MFTs and LCSWs; 6 CEUs approved by MCEPAA for psychologists.

HELPING PEOPLE THROUGH DIVORCE: ADULTS AND CHILDREN

with Nancy Olesen PhD, Susan Pease Gadoua, LCSW, Sheryl Hausman, PhD, & Frederica Conrad, PhD

Saturday, March 21, 2009

9:00 AM – 4:00 PM

Town Center, Community Room, Suite 201, 770 Tamalpais Drive, Corte Madera



Therapists work with clients through the entire spectrum of divorce, from the difficulty in reaching the best decision about whether or not to divorce; finding ways for parents to deal effectively with each other during and after divorce; to helping children of divorce and their parents minimize the impact and enhance the developmental success of the children. This workshop will teach practicing therapists the nuts and bolts of how to help their clients through divorce; when and how to refer them to specialists: and how to stay out of trouble, both legal and practical.

Nancy Olesen, PhD, teaches, researches, and works in private practice, with an emphasis on child abuse and neglect, custody and access disputes and the interface between clinical and forensic psychology.

Susan Pease Gadoua, LCSW, is the founder and Executive Director of the Transition Institute of Marin, specializing in meeting the needs of separating and divorcing men and women, and the author of *Contemplating Divorce: A Step-by-step Guide to Deciding Whether to Stay or Go*.

Sheryl B. Hausman, PhD, has extensive experience developing parenting and co-parenting plans. In addition to clinical work with individuals, couples, families, and groups, her practice includes forensic consultation and evaluation in contested child custody cases.

Frederica Conrad, PhD, has specialized in the treatment of children and parents for over 30 years, including forensic evaluations for family and juvenile courts and forensic consultation in complex adoption matters.

CIP Members: \$90 if received by March 6, or \$110 late Registration

Non-members: \$120 if received by March 6, or \$140 late Registration

6 CEUs approved for MFTs and LCSWs; 6 CEUs approved by MCEPAA for psychologists.

CLINICAL CONVERSATIONS



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

When: Third Friday of the month, 10:00 AM – Noon

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

Continuing education for MFTs & LCSWs approved for 2 hours.

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

Clinical Conversations offers an informal and relaxed way to engage in intellectually stimulating discussions about many complex and challenging facets of being a psychotherapist. The chance to explore many of the shadow issues of the work is particularly valuable. In fact, the possibilities are limitless. Guests are welcome.

January 16 Gloria Saltzman, MFT
Offering Hope When Death is Imminent

February 20 Margaret Leventer, LCSW
When the Client Wants to End in Psychotherapy: Clinical Considerations

The presenter will focus in particular on cases that illustrate the complex transference issues that may be embedded in a client's wish to "end," and the therapist's struggle with multi-layered counter-transference reactions.

(continued on page 11)

STUDY GROUPS & CLASSES

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

UNDERSTANDING HAKOMI AND ITS USES IN PSYCHOTHERAPY with Rob Fisher, MFT

Wednesdays: every two weeks, January 21, February 4, 8, and March 4; 1:00 PM – 3:00 PM (4 weeks)



Working with the present moment experience of the client can bring therapy alive for both client and therapist. It enables the client to access deep and visceral levels of the inner organization of their psyche that go beyond ordinary conversation. The use of mindfulness in therapy can help generate interventions that engage the brain's right hemisphere where experience is stored and lasting change can be generated.

This class provides an overview of some of the essential methods and orientations of Hakomi Experiential Psychotherapy that can be immediately applied to practice. Mental health practitioners will learn how to: notice non-verbal communications from the unconscious; deeply join with clients on the level of their experience; deepen the experiential aspect of therapy; use mindfulness in the practice of therapy; generate experiential interventions that orient towards deeply held models of the self and the world; and explore and expand their individual psychological constructions around being a therapist that both aid and limit the container of their practice.

Rob Fisher, MFT, is a psychotherapist, consultant and CAMFT certified supervisor in private practice in Mill Valley. He is an adjunct professor at JFK University; as an adjunct professor at CIIS he teaches Hakomi and Theories and Techniques of Body Oriented Psychotherapy. Rob is a certified Hakomi Therapist and Trainer. He is the publisher of the *Couples Psychotherapy Newsletter* and the author of *Experiential Psychotherapy With Couples, A Guide for the Creative Pragmatist*.

CIP Members: \$120 by January 7, or \$140 late Registration; Non-members: \$160 by January 7, or \$180 late Registration
8 CEUs approved for MFTs and LCSWs.

NARRATIVE-FLAVORED THERAPY: THEORY AND PRACTICE with Michael Mesmer, MFT

Mondays, January 26, February 23, March 23, April 20, May 18 (5 weeks); 10:00 AM – 12:00 noon



Therapeutic approaches influenced by the ideas and techniques of Narrative therapy provide effective options for therapists and empower clients in working towards their goals. Using lecture, experiment and discussion, this seminar presents the most important concepts and practices of the Narrative tradition: externalizing the problem, mapping the problem, identifying exceptions to the problem and unique outcomes, and using documents and the text metaphor to validate and support the work that clients do to recover their sense of authorship for their own lives.

Within a collaborative environment, using participatory exercises, this course will give participants a good understanding of the relevance of "Narrative-flavored" (or "Narrative-influenced") therapy to their own helping work with clients and practical experience in working with Narrative ideas and practices. The main objective is to expand and thereby improve the range of therapeutic options available to the participants.

Michael Mesmer, MFT, has over 30 years of experience in empowering groups, having led inner-city teens on survival courses and in street theater classes, in addition to leading drumming circles, support groups, and theater improvisation. Michael is also the co-director of Building Better Families, Inc. (www.bbfmarin.com) and maintains a private practice in San Rafael, where he treats adults, couples, families, teens and children in individual, couples and family therapy and supervises two MFT interns.

CLINICAL CONVERSATIONS (CONTINUED FROM PAGE 10)

March 20 Nancy Dagenhart, MFT
Internal Family Systems: A Non-Pathological Mode of Psychotherapy

April 17 George Taylor, MFT
Mid-Life Men: At the Crossroads: Stagnation or Growth?
Many men at this time of life enter therapy. These clients ask us, men and women therapists, "What good am I?" This presentation will attempt to answer this question. By reviewing anthropology and child psychology (briefly), we will form a sympathetic view of men's psyches and of men's struggles. George Taylor will then present and discuss a multi-leveled treatment plan.

If you would like to present, or suggest an idea for a topic or presenter, please call **Karen Weinberger** 415-459-5999 ext. 303.



BECOME A CIP MEMBER!

Enjoy special rates for CIP professional events, and other benefit. Phone (415) 459-5999 x 101 for more details.

Or visit our website
www.cipmarin.org

NARRATIVE-FLAVORED THERAPY (CONT.)

CIP Members: \$150 by January 12, or \$170 late Registration
Non-members: \$200 January 12, or \$240 late Registration
10 CEUs approved for MFTs and LCSWs; 10 CEUs approved by the MCEPAA for psychologists.



COMMUNITY INSTITUTE FOR PSYCHOTHERAPY
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 SAN RAFAEL, CA 94901-2141
 (415) 459-5999

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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

MARK YOUR CALENDAR FOR CIP's *ROCK'N RODEO* FUNDRAISING GALA

This spring, you'll want to grab your hat, don those boots, and head out to CIP's *Rock'n Rodeo* for a rip roaring evening of western themed food, fun, and entertainment.

The event will be held in the lush gardens of **Inn Marin** in Novato from 4:00 to 8:00 PM. Enjoy wine tasting provided by some of Northern California's finest wineries, including **Carneros della Notte**, **Cline Cellars—the Rhone Rangers—Starry Night Winery**, and **Heitz Wine Cellars**. Beer, wine and other fine beverages will complement the fabulous BBQ prepared by **Ricky's Restaurant**. Entertainment will feature old-fashioned country games, Live and Silent Auctions, and **Rancho Uva Blanka Dancing Horses**. Music by **StorkRavenMad** will cap the evening. Tickets are \$60 each.

All *Rock'n Rodeo* proceeds go directly to fund CIP low-fee mental health services. Come on out to have a great time for a great cause!

See page 9 for information about sponsorship opportunities.



AUCTION ITEM ROUNDUP!

CIP is busy putting together another great auction for our 2009 *Rock'n Rodeo* and we need your help. Especially desirable donations are vacation homes, weekend getaways, adventure travel, outings, sports and entertainment events, spa visits, and restaurants. Gifts with a Western flair are especially welcome: Horseback riding adventures, leather vests, footwear, clothing, and – ?

All auction donors will be acknowledged in the Event Program Booklet distributed to every guest; on a sign on the auction display table with the item description; and in our post-event newsletter, distributed to more than 10,000 professional offices and homes throughout Marin and the Bay Area. All donations are fully tax-deductible.