



## DIRECTOR'S MESSAGE



In this issue, we are proud to extend our invitation for you and your friends to join us at CIP's Thirteenth Annual Extraordinary Evening with the Arts.

*Dr. Robin Joy Berenson*

This annual gathering is a wonderful way to celebrate CIP and the work we do in the community with our many friends and supporters.

Like all nonprofits, CIP relies on a diversified range of fund development strategies to support our low-fee counseling to adults, children, and families who otherwise could not afford it. This often means providing these services below agency cost. Fund raising helps to bridge the gap, so that no one is turned away for lack of funds. Our financial support comes from private donations, corporate and foundation grants, and the proceeds from this fund raising event.

Twelve years ago, we held our first Extraordinary Evening with the Arts and we knew we had found a special kind of event that resonated with our mission, our friends and supporters, and the community at large.

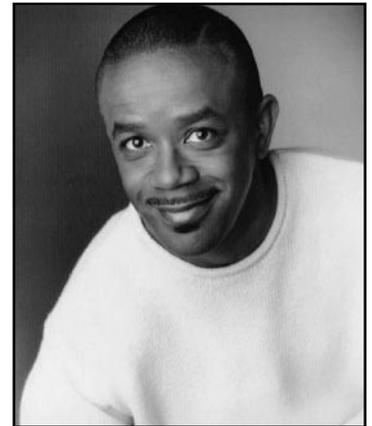
Since 1995, the evening program has grown and evolved into the anticipated celebration it is today. Yet while many things have changed, the essentials have not. Your attendance and participation in this event makes our ongoing work in the community possible. Every dollar spent at our Live and Silent Auctions, on wine or raffle tickets, goes to support life-changing counseling and psychotherapy for families, children, and adults throughout the year.

Please join us for this special evening, knowing that your generosity will support a healthier and stronger community.

## NEW VENUE FOR EXTRAORDINARY BENEFIT!

You won't want to miss a moment of CIP's Thirteenth Annual Extraordinary Evening with the Arts! Our fun-filled program of music, fine food and wine, and auction excitement begins promptly at 6:00 p.m. on Saturday April 14 at the newly renovated Osher Marin JCC in San Rafael.

We are honored to have as our Mistress of Ceremonies **Joanie Greggains**, broadcast journalist and health and fitness expert. Musical performances will include a return engagement by the wonderful **Redwood Wind Quartet**. Also performing will be the highly versatile and accomplished guitarist, **Barry Finnerty** (Crusaders and Miles Davis, among many others), who will join with outstanding vocalist **Kenny Washington** (dubbed the "Superman of the Bay Area jazz scene," by the *San Francisco Chronicle*), as headliners for the evening in a rollicking, upbeat finale.



*Kenny Washington.*



*Barry Finnerty.*

**Stacy Scott's Fine Catering** will prepare an incomparable buffet dinner, with reserved seating for all guests. Don't forget to buy your tickets to the wine tasting, which this year will feature seven fabled vintners, with musical accompaniment by classical guitarist **Christopher Hanford**.

This year's Live and Silent Auctions are better than ever with getaways, packages, and more. Meet Auctioneer **Kenn Cunningham** and find out more elsewhere in this newsletter.

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## CORE STAFF AT THE HEART OF CIP

The five-member Core Staff—a management team of licensed clinicians, made up of Executive and Clinical Director **Robin Joy Berenson, PhD, MFT**; Assistant Clinical Directors **Sarah Cirese, PhD, MFT**; **Deanna Reardon, PsyD**; and **Eloise Rivera, MFT**; and Director of Doctoral Studies **Kenneth Pound, PsyD**—play an essential role in helping the agency fulfill our dual mission of providing high quality mental health services to the community at affordable fees and providing a rigorous training program to doctoral and masters level interns.

Meeting together on a weekly basis throughout the year, the Core Staff oversee outreach programs, problem solve a variety of issues, and conduct ongoing evaluation of all aspects of the agency. In addition, they are responsible for planning and participation in training programs for both interns and supervisors as well as professional development programs for clinicians. In addition to their other responsibilities, the three Assistant Clinical Directors lead weekly supervision groups for MFT and Practicum intern-therapists.

As Director of the Doctoral Program, Ken Pound's work involves the hiring and individual supervision of doctoral interns, overseeing their curriculum, working with other core staff and coordinating the MediCal services. Ken sees CIP as an exceptional agency. "Even in an age of managed care and the reduction in benefits it has brought about for clients and trainees at other organizations, CIP has boldly persevered in spite of obstacles, and continues to thrive."

Deanna is in charge of developing and coordinating the training program for the interns. She states, "We have a large pool of smart and dedicated clinicians who generously donate their time towards the clinical development of our trainees. I have consistently received feedback throughout the year from trainers about the high level of sophistication, integrity and clinical acuity of our interns. This inspires me and reinforces my own personal commitment to the professional development of my future colleagues."

After six years on staff at CIP, Eloise continues to find her work rewarding in multiple ways. She enjoys organizing the Seminars for Professionals for the continuing education of clinicians who work in Marin and neighboring counties, and loves being connected with such a dedicated and talented community of trainers, supervisors and interns. She states, "CIP's on- and off-site programs provide an impressive variety of mental health services to our community, and I am proud to be a part of this unique nonprofit agency."

Sarah, too, feels her work to be both challenging and rewarding. In addition to her other responsibilities, Sarah serves as Coordinator for CIP's Training for Supervisors and is responsible for Supervision for Supervisors. Her role at CIP has offered her "opportunities to grow, to learn, to be connected, to serve, and to be associated with a dynamic and vibrant group of both seasoned clinicians and clinicians in training. Hour by hour, a community of professionals is providing guidance and inspiration, interns are gaining skills, and people in need are being helped."



Assistant Clinical Director Sarah Cirese, PhD, MFT.

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*Meeting together on a weekly basis throughout the year, the Core Staff oversee outreach programs, problem solve a variety of issues, and conduct ongoing evaluation of all aspects of the agency.*

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## 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 Hoerber, 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**

(continued on page 3)

**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 Harvany, 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  
 Barbara Rose, 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

**INTERN UPDATE****THE SCHOOLS PROJECT FOR DISADVANTAGED STUDENTS AT RISK****Learning to Reach Out**

Psychotherapy-intern **Marcus Moore** has participated in the school counseling program at Davidson Middle School since September 2006. Working mostly with males age 11-13, Marcus helps teens to find healthy coping strategies for their various social, family, and school difficulties. This often includes giving unexpressive boys an emotional vocabulary with which they can communicate their experience to others; assertiveness training through talk therapy and sports activities for timid teens; and group anger management counseling for explosive or chronically disruptive students.

For example, Vicente is a sixth grader who lives in a small apartment with his mother and three siblings. Vicente was doing relatively well in school, getting A's and B's, until he entered middle school. His older brother has been increasingly influenced by gang members in their area, and Vicente has become quiet and isolated in recent months. He complains of headaches and cannot focus on his class work.

Through the team efforts of Davidson's administration, counseling program, and after school activities, Vicente is learning to reach out to a broader network of social support instead of turning inward and bottling up his anxiety. Marcus' time with Vicente focuses on helping the youth express his fears and concerns for his brother as well as his own difficulty transitioning to a new school. He is now socializing with other students his age and improving in his classes. His headaches are less frequent.

**To Be Fully Present**

by Yvonne Klitsner, CIP Intern-Therapist

The work of middle school counseling has been the most compelling thus far in my experience as a psychotherapy-intern. The open and available attitudes of my young clients call from me an authentic desire to be fully present.

A seventh grader arrived for her first session. She scanned the room noting the posters, the games, making intermittent eye contact with me. After a mild introduction discussing what she might want from working with me, this 12 year old asked, "What exactly got you into this business?" I felt this was a test and wondered how I might be able to succeed. Poised to reply with a firm professional response, I hesitated and moved instead to a place of feeling. Expressing what I loved, I said, "Dreams, I find dreams to be so fascinating."

The moment ticked into eternity while my young client intently studied me. "I keep having a dream," she said, "and I haven't told anyone." In the remainder of our time, this girl unfolded, coming alive in the room. The dream spoke of a lost father and of the fear and hope that this client held silently within her dream story.

Later in the week I checked in with her single mother. The day of the session, this client—a silent daughter—had returned home telling her mother that she wished to share a dream. With emotion, the mother told me that they spent the afternoon sharing special dreams with each other.

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# EXTRAORDINARY EVENING WITH THE ARTS 2007

## HEADLINERS: FINNERTY & WASHINGTON

You can look forward to a versatile and virtuoso performance as **Guitarist Barry Finnerty** and **Vocalist Kenny Washington** bring their lifelong skills and love of music to An Extraordinary Evening with the Arts.

Barry began studying classical piano at age 5, and discovered the guitar at age 13. By 1965, living in Hong Kong, he began playing electric guitar and played his first professional gigs, including opening for Herman's Hermits.



*Barry Finnerty with Miles Davis.*

In 1971, Barry attended the Berklee School of Music in Boston, and moved to New York City in 1973, where he played and recorded with Chico Hamilton, Airtio and Flora Purim, Hubert Laws, Joe Farrell, Ray Barretto, the Brecker Brothers (Heavy Metal Bebop), the Crusaders (Street Life), Miles Davis (The Man With The Horn), Billy Cobham, Blood, Sweat and Tears, Taj Mahal, Didier Lockwood, Thad Jones/Mel Lewis, Teruo Nakamura, and The Negatives, among others.

During this time, he toured frequently throughout the USA, Europe, and Japan, and released six albums as a solo artist. Returning to the SF Bay Area (Oakland) in 1998, Barry continues to work professionally, tour and record worldwide. Recent projects include a CD with Children on the Corner, a group of Miles alumni with Michael Henderson, Sonny Fortune, Badal Roy, Ndugu Chancler, and Michael Wolff; touring Germany and recording a live CD of TRAZZ (trance jazz), an electronic groove-based style with the Yamaha RS7000; and a spontaneous live jam band, "Deep Down and Out."

If you have never heard New Orleans native **Kenny Washington** sing before, prepare for a jaw-dropping, toe-tapping experience. Described as one of "the Bay Area's best kept musical secrets," Kenny captures the scintillating classic styles of Ella Fitzgerald and Sarah Vaughn, while infusing the colors of Stevie Wonder and Donny Hathaway into his sound. Whether scatting up a storm or caressing a Rogers and Hart ballad, Washington is the kind of performer who leaves the stage with an audience full of new fans.

Kenny has thrilled San Francisco jazz audiences ever since making his home in the Bay Area in 1995. He brings his musicianship, earned from years of studying saxophone and eight years playing in the honorary U.S. Navy band, to his performance as a vocalist. He quickly gained an enthusiastic following as fans responded to the singer that the San Francisco Chronicle recently called, "the Superman of the Bay Area jazz scene, a vocalist with an exuberantly supple tenor that glides effortlessly into the stratosphere."

Kenny Washington developed a deep love for music at a young age. He grew up singing gospel in the church where his parents were choir members and performing in his school bands. Jazz caught his interest during his senior year of high school when the great clarinetist Alvin Batiste performed at an assembly with a band of students that included two precociously talented teenage brothers named Branford and Wynton Marsalis. Inspired, Washington went on to study music at Xavier University.

## THE REDWOOD WIND QUARTET

We are delighted to welcome back the accomplished **Redwood Wind Quartet**. Known for performances throughout the Bay Area, from informal functions to gala events, for audiences from kids to seniors, this versatile ensemble treats listeners to a vibrant and colorful palette of musical styles and sounds.

## JOANIE GREGGAINS — MISTRESS OF CEREMONIES



Our **Mistress of Ceremonies Joanie Greggains** is one of America's favorite health and exercise personalities and a popular guest speaker at many health events throughout the year. Her mission is to provide her audience with the tools and resources they need to improve their health and vitality with well-informed choices.

Her long-running TV Exercise Show, *Morning Stretch*, and her popular #1 Talk-Radio show, *The Joanie Greggains Show* averaging 200,000 listeners each Saturday on KGO Radio 810 AM in San Francisco (the #1 Talk Radio Station in the country), have made her a familiar, popular, and respected authority in the Health and Fitness Field. She is the author of three books: *Total Body Shape Up*, *Fit Happens* and the *Fat Flush Fitness Plan*.

Joanie's many contributions have earned her numerous awards. She is a Member of The Center for Sports Medicine Marin Advisory Board, the President's Council on Physical Fitness & Sports, the Governor's Council on Physical Fitness & Sports (California), and a Member of the Board of Directors, Northern California Arthritis Foundation, among many other affiliations.

## MEET AUCTIONEER KENN CUNNINGHAM



We are delighted to have **Kenn Cunningham** presiding over our exciting 2007 Live Auction. Kenn is a graduate of the World Wide College of Auctioneering. His goal, he explains, is to put the FUN into Fundraising Auctions.

Over the past 15 years, Kenn has conducted successful fundraising auctions in Sonoma, Sacramento, Napa, Marin, Placer, Lake and Mendocino counties for a variety of community and educational organizations.

A third-generation Bay Area native, Kenn earned his Bachelor's Degree in Broadcasting from San Francisco State University, then managed radio stations in San Jose and Sacramento, and owned an FM station that served Mendocino and Lake Counties.



## GETAWAYS GALORE AND MUCH MORE AT 2007 LIVE AND SILENT AUCTIONS

### Bidding Begins Online March 23!

CIP's Online Auction begins March 23. Just look for the auction link on our website [www.counselingcip.org](http://www.counselingcip.org) at that time. Then you can view and start bidding on the many fabulous items that we have for the 2007 Extraordinary Evening with the Arts. We will transfer most of the items to the actual event, so that you can continue bidding on April 14.

Here is just a small preview of what's up for bid at our Thirteenth Annual Extraordinary Evening with the Arts.

### Live Auction Items

*Choose your cruise for the trip of a lifetime on Holland American Line* in an outside cabin for two! Select Your Destination: to Europe, Panama Canal, Caribbean, Mexico or Canada, up to 12 days.



*Tuscany*

*One week in Borgo a Mozzano, Historical Tuscany Region* — One week stay in a charming Tuscan home in the village of Borgo a Mozzano in the Lucca region of Tuscany, Italy. Enjoy the beautiful natural setting of the lush countryside or travel to the nearby town of Lucca (only 21k) or a short train ride to Florence or Pisa.

### *Acapulco, A World Renowned Destination* —

A trip for two to Acapulco Mexico on American Airlines for Seven Days & Six Nights at the Hyatt Regency Acapulco, with its prime location on the Bay of Acapulco overlooking the Pacific Ocean and situated in the heart of the city's dining, shopping and nightlife.

### Silent Auction Items

- Sailing Lessons for Two with Afterguard Sailing Academy
- Two-Hour Private Session with a Clairvoyant
- Four Box-Seat Giant Tickets
- Three-Month Individual Membership to Bay Club Marin
- A VIP tour of the State Capitol with State Senator Carol Migden.

We will also offer theme packages that include "Pampered Pet," "Family Fun," "Just for Her," and "Tastes of Marin" to name a few. Here's a sneak preview.

*Pampered Pet Package* — Your pooch will know he's special when presented with a fabulous hand knit and felted doggie bag, a new collar and leash, and a one-hour photo shoot with Ed Smith of Ed Smith Photography, official photographer for Guide Dogs for the Blind and Canine Companions.

### Don't forget to order your raffle tickets!

**First Prize:** Handcrafted Jewelry Set by Award-winning Michael Chaillé.

**Second Prize:** Dinner for Four at Palio D'asti in San Francisco.

**Third Prize:** Two Tickets to The Mountain Play Association's production of *Hair*.

# A Benefit for Community Institute for Psychotherapy

An EXTRAORDINARY  
EVENING  
with  
the ARTS

## Saturday, April 14, 2007

6:00 to 9:30 PM

Osber Marin JCC, 200 N. San Pedro Road, San Rafael



**Barry Finnerty**

Guitarist (Crusaders, Miles Davis, Brecker Brothers  
Chico Hamilton, Billy Cobham, Taj Mahal)



**Kenny Washington**

“The Superman of the Bay Area jazz scene.”



Mistress of Ceremonies:  
**Joanie Greggains**  
KGO Radio



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## SPONSOR SPOTLIGHT: THE BAYSIDE MARIN STORY

Bayside Marin founder and CEO **Perry Litchfield** has been a successful businessman: an attorney, licensed building contractor, and real estate broker. As a Recovering person, Perry realized how important and life changing treatment had been in his own life, and that if he was to enjoy lifelong abstinence, then Recovery needed to become the centerpiece of his life. Thus the vision for a premier treatment facility was born.

Perry sought advice from treatment professionals around the country, testing out his theories and ideas. He completed California State University's Alcohol and Other Drug Studies Certification Program, where he met **Roland Williams**. The two connected right away, and considering Roland's multiple credentials as a Master's Level Addiction Therapist, teacher and author, and former Director of a hospital Behavioral Health Department, Perry realized his search for a Clinical Director was over. They began to strat-

egize on how to build the ideal treatment program.

Bayside Marin is the realization of that dream, providing a serene, safe and luxurious setting, and offering comprehensive, current and effective treatment for those seeking Recovery from substance abuse and addiction. We believe that all of our clients are individuals and deserve an opportunity



*Perry D. Litchfield & Roland Williams.*

to identify and develop a Recovery Program that will work for them and their lifestyle, and will support long-term Recovery. We also believe that long-term Recovery should support

healing Physically, Psychologically, Socially and Spiritually.

Knowing that treatment does not end on the discharge date, we provide three years of comprehensive Continuing Care and very intensive follow-up. We work closely with our clients to develop a Program of Recovery, becoming part of their sober support network. Thankfully we have been able to utilize the services of CIP to offer the affordable ongoing psychotherapy so valuable for many of our residents and their families.

We are proud of our collaboration and connection with CIP. The full range of services offered through CIP gives this community a resource that is desperately needed and much appreciated. We believe that working together allows us to serve our clients and potential clients so much more effectively.

Thanks, CIP, and keep up the good work.

## SPONSOR SPOTLIGHT: PETER T. PAUL/THE HEADLANDS FOUNDATION

**Peter T. Paul** has more than 30 years experience in mortgage banking and financial services. Mr. Paul founded Headlands Mortgage in 1986, which became one of the premier wholesale mortgage lending institutions in the country. After leading Headlands through a successful IPO, he negotiated the subsequent merger with GreenPoint Financial Corp.

Mr. Paul is devoted to using his resources to improve the quality of life for others: professionally, in his vision of making home ownership a simple and straightforward process; through his philanthropy; and in his dedication to enjoying life and enriching it for others. In 1995, he created the Headlands Foundation, a tax-exempt organization. The foundation primarily supports mid-size charities who focus on housing for children and their families, who have a strong volunteer spirit, and where the Foundation's help can make a big difference.

In addition to the foundation, Mr. Paul sponsors worldwide events

each year including the Russian Arts Foundation, and the Russian National Orchestra's recording of Wolf Tracks narrated by Sophia Loren, Bill Clinton and Mikhail Gorbachev. Proceeds from the sale of Wolf Tracks benefit environmental, wildlife, arts and health organizations around the world.



*Peter T. Paul.*

True to his philosophy of making money while having fun, Mr. Paul is the owner of Grove Street Winery, in Healdsburg, one of the few 100% family owned wineries in California. Grove Street is focused on the production of super-premium, award-winning, limited production Cabernet, Merlot, and Cabernet Sauvignon. Mr. Paul, who is a gourmet cook and loves to entertain, is delighted to have Grove Street wines on his table.

Educated in his home state of New Hampshire, Mr. Paul received his BA at the University of New Hampshire and his MBA from Boston University. A member of the Board of Directors of the University of New Hampshire Foundation, Mr. Paul donated \$10 million in 2001 to fund two chairs, one in Space Science and another in Developmental Psychology. The latter, the Samuel E. Paul Chair, was established in memory of Mr. Paul's father, a highly regarded physician who practiced in Troy, NH, for 30 years.

# LORN DREITZLER NOMINATED FOR HEART OF MARIN AWARD

*In October 2006, CIP was honored to nominate Board President Lorn T. Dreitzler for the Excellence in Board Leadership Category of the Heart of Marin Awards. Here are some excerpts from the nomination.*

In our 30 years, CIP has been fortunate to have had many exceptional community volunteers serve on our Board of Directors. Among these, Board President Lorn T. Dreitzler stands out as extraordinary for his wisdom, vision, commitment, and leadership. He is a tireless advocate for the agency, a visionary and a hands on problem solver.

Lorn is passionate about CIP, our mission and ongoing work in the Marin community. He joined the CIP Board almost 20 years ago and served for a time before moving to Oregon for 8 years. Upon his return in 1997, he assumed the position of Board Chair. As a long-time friend of the agency, he has been a part of CIP's development and has observed its growth and change.

Lorn is one of those rare leaders who know how to be a team player when it counts the most. He is always interested in hearing all opinions in order to determine the best course of action, and is very conscientious in acknowledging all members' efforts, making sure that each member knows he or she is valued.



*The Fourteenth Annual Heart of Marin Awards, sponsored by the Center for Volunteer and Nonprofit Leadership and Tamalpais Bank, recognized outstanding Marin nonprofits and the volunteers who serve them. This year, nearly 530 people attended representing 106 Marin nonprofit agencies, including CIP. From left to right: Executive and Clinical Director Dr. Robin Berenson; nominee Lorn Dreitzler, and CIP Board member Iraj Zolnasr.*

This exceptional level of personal involvement creates the sense of community and shared purpose so important to the spirit of volunteerism that is at the heart of CIP. Each year, CIP enlists the volunteer services of more than 80 mental health professionals to provide training and supervision to our intern-therapists in our two, three, and four year programs. Lorn's steadfast presence is always inspiring.

As an agency that works to heal individuals and strengthen families, CIP is about heart. We hold the vision of hope and healing for clients until they can believe in themselves. Lorn has this quality of heart: He holds a vision of CIP and its place in the community, and, more importantly, is able to articulate it so that others — whether fellow board members, community members, donors, or the public at large — can share in it, too.

## BOARD NEWS

### CIP Board of Directors

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

### Board Emeritus

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

### CIP Advisory Board

Mary Jane Burke  
Joan Capurro  
Diane Clarke  
Dennis Covington  
Jim Farley  
Reverend Carol Hovis  
Molly Sterling, PhD  
Gail Theller

*"I know how well run and how extremely cost efficient this agency is. Clearly, the work being done at CIP is invaluable."*

— Hal Brown, Jr.  
Marin County Supervisor

## *A Heartfelt Thank You to Our Donors (1/06–12/06)*

### *Individual Donors*

#### **Circle of Friends**

Erin & Peter Badala  
Kimball A. Baker  
Jean Berenson-Tilem, MA, MFT  
Nancy Bertelsen  
Cal Bewicke  
Teresa Ann Blok  
Helen Bonapart  
Ifaat Arbel Bosse  
Rosamond Bray  
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#### **Circle of Friends (cont.)**

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Charles & Rebecca Oken  
William & Susan Pryor  
Elissa Rabellino

#### **Circle of Friends (cont.)**

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Stephen Schneider  
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John & Elinor Severinghaus  
Diane Sickmen  
Nancy Skow  
Tracey S. Thurston  
Paula Trehearne  
David Cartwright & Susan Wall  
Steve Watry  
John D. Wootton, MD

#### *Grants*

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

## SEMINARS FOR PROFESSIONALS

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

### **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; and approved by MCEPAA for Psychologists.

## CLINICAL CONVERSATIONS

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

**When:** Third Friday of the month,  
Noon – 2:00 PM

**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.

**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.

# AD/HD—A NEUROBIOLOGICAL CONDITION

Holly Seerley, MFT

Have you have seen the poem about planning a trip? Preparations are made with Italy in mind but the plane lands in Holland. First there's confusion, then protest, then acceptance.

It's a metaphor for parenting a special needs child or being someone with AD/HD. The expected journey doesn't happen. A friend suggested that parenting her AD/HD boy is more like ending up in a war zone than Holland or Italy—she's never sure what the day will bring.

As the professionals to whom parents of an AD/HD child or couples (often not diagnosed) turn for help, we must provide relevant and effective therapy so the unexpected bumps in the road are less likely to ruin the family's trip. Thankfully, the current world of brain research has much to offer the field of psychotherapy. According to the ongoing NIMH research study, AD/HD is a neurobiological disorder that affects behavior and family functioning, and responds best to a combination of medications plus behavioral interventions and community supports.

Current AD/HD Research Facts:

- \* AD/HD is as inheritable as height (and therefore not really anybody's fault).
- \* It's most common to have co-occurring conditions affecting mood, behavior, learning.
- \* The divorce rate for parents of AD/HD children is significantly higher than for other couples.
- \* In AD/HD, dopamine, a neurotransmitter potentiating the experience of pleasure (therefore motivation), malfunctions.
- \* Mirror neurons in the brain, active when we observe and relate to someone else's experience, are less active in those with problems taking social perspective.
- \* A delay in myelinization causes a 30% lag in the development of ex-



Holly Seerley, MFT.

ecutive functioning skills (the metaphorical conductor of the symphony or control tower at the airport).

- Slow processing speed (resulting in low boredom tolerance) unless engaged in highly interesting or threatening situations.

Our professional training tells us that 1) parents are usually not grieving and coping in tandem while facing a child's chronic medical condition, and 2) chronic family stress exacerbates other pre-existing conditions in the family. Parents report that well-meaning relatives, friends and teachers criticize their parenting and don't understand their children. We, therefore, can "get it" that those with AD/HD in the family are dealing with a serious but invisible chronic neurobiological condition that is a high-impact stressor.

Effective AD/HD medication often results in significant improvement in daily functioning (assisting consistent dopamine utilization). Crisis management becomes no longer front and center. Parents can now address their own grief, parenting strengths and default coping habits, while learning parenting approaches that are more likely to succeed with the AD/HD child. They can return to normative tasks of intimacy and adult development.

AD/HD is usually a life-long condition with developmental phases bringing new and different challenges. Well-informed parents, teens and adults are better prepared to respond constructively and proactively to the developmental ups and downs along the AD/HD journey.

In conclusion, our role as psychotherapists can be key in helping parents and individuals with AD/HD:

- learn how AD/HD brains work;
- collaborate with other AD/HD professionals and support services;
- move forward with a new research-based perspective and new coping skills;
- understand how this chronic stressor has exacerbated their default maladaptive coping mechanisms and strengthened their coping assets;
- help them grieve and move on;
- learn different methods of parenting than those that work for their neurotypical children;
- and understand that no one is to blame.

*Holly Seerley, MFT, has been in private practice since 1979 and has offices in Corte Madera and Mill Valley, where she provides psychodynamic, psycho-educational, narrative, and CBT for individuals, families, and couples. She thanks her son Dash for informing and motivating her own journey to understand AD/HD and its impact on everyone in the family.*

## MEMBER NOTES & NEWS

Jessica Tsukahara, MA, 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 include sandtray, art & play therapy, and EMDR.

From Patricia Frisch, PhD: Explore Reichian Therapy with our Clinical Training Program for Professionals, and our Esalen® workshop: Unfolding the Creative Self. Reich helps us understand how survival styles become rigidified into body armor and stress related physical symptoms which can be helped by both character and somatic interventions. <http://www.orgonomictherapy.com/> or 415-388-0622.



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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](http://www.counselingcip.org)

THE VINTNER'S ART: OUR 2007 WINE TASTING

This year's wine tasting will be truly exceptional! Don't forget to order your tickets (\$20) to sample the following outstanding wines.

Carneros della Notte

- 2004 Los Carneros Pinot Noir
- 2004 D III Vineyard Pinot Noir
- 2005 Eclipse Late Harvest Pinot Noir
- 2005 Solstice Late Harvest Riesling

Franciscan Oakville Estate

- 2005 Chardonnay
- 2003 Merlot
- 2003 Cabernet Sauvignon

Grove Street Winery

- Peter Paul Napa Valley Merlot
- Peter Paul Napa Valley Cabernet

Row Eleven Wine Company

- 2002 RDLR Syrah
- 2005 Stratton Lummis Chardonnay

Starry Night Winery

- 2005 Sauvignon Blanc, Dry Creek Valley
- 2000 Cabernet Sauvignon, Napa Valley
- 2003 Adara (Rhone Style Blend)
- 2005 Chardonnay, Russian River Valley
- 2001 Syrah — Lodi, Terra Alta Vineyard
- 2005 Zinfandel — Lodi

Viviani Vineyards

- Cabernet Sauvignon 2001

von Strasser

- Diamond Mountain District
- Cabernet Sauvignon



CHRISTOPHER HANFORD

While you sample the wonderful array of vintages and varietals, you'll enjoy the accomplished musicianship of classical guitarist Christopher Hanford. Chris received his Master's Degree from the San Francisco Conservatory in 1992. He won both the 1988 American String Teachers' Association California guitar competition and a conservatory-wide competition to perform for Julian Bream in his 1991 Northridge masterclass. Chris credits David Tanenbaum and Scott Tennant as his main teachers and influences.

