



DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Dear Friends:

It is an exciting time for mental health professionals as new research and discoveries continue to inform our work as practitioners. As our understanding of

best practices and methods evolves, we at CIP know that quality training and continuing education play a major role in assuring quality client care.

As CIP begins its 29th training year, we welcome 23 new and continuing interns, including MFT, LCSW, practicum, and pre-doctoral interns. Through the donated talents and expertise of more than 80 licensed professionals, each intern-therapist will receive more than 350 hours of excellent training and supervision.

And we are very pleased to announce the second year of our Professional Development Program, offering a full schedule of continuing education classes, seminars, case conferences, and study groups.

Research continues to underscore the value of psychotherapy and counseling in treating a wide range of mental health conditions. Getting the word out about the benefits of therapy is the motive behind our **Share Your Healing Story** writing contest, which begins this year on September 12. Read more about it on page 12 of this newsletter.

The hundreds of families, couples, and individuals who come to CIP each year deserve the best quality care available. Working with the Bay Area professional community, we are doing our best to assure that they receive it.

CIP EXCITED FOR SECOND YEAR OF PROFESSIONAL DEVELOPMENT PROGRAM

CIP's Professional Development program, which aims to enhance professional development and create a vibrant and supportive network of professionals, is beginning its second year. Bay Area mental health professionals, registered interns, and students can partake in this exciting endeavor by becoming nonvoting members of CIP.

CIP offers a stimulating schedule of seminars, study groups, and classes for members and non-member mental health professionals. Please read more about these on pages 4 and 5.

There are many reasons to become a member in CIP's Professional Development Program. Members receive discounted rates on all program events and free certificates for attendance at Clinical Conversations, our monthly case conference. They are invited to place a notice in our Member News and Notes section in this quarterly newsletter and to conduct community education presentations through our Speakers Bureau. A professional listing in CIP's annual Membership Roster is offered at no cost.

To renew or to apply for new membership, please turn to the Membership Application Form on page 11.



Nancy McWilliams, PhD, will present a Seminar for Professionals January 14, 2006.

ANNOUNCING OPENINGS FOR NEW CLIENTS

CIP has openings for new clients interested in short- and long-term counseling and psychotherapy, adult support and therapy groups, and psychological testing. Our comprehensive services for couples, individuals, and families are available on a sliding scale fee basis. Counseling is provided by qualified intern-therapists and 12 licensed therapists.

Each year, CIP receives client referrals from a variety of sources, including public and private agencies, hospitals, schools, churches, and professionals in private practice. Many clients come after learning about CIP from friends or relatives, or from advertising and outreach.

For more information about our programs, please see page 10 of this newsletter, visit our website (www.counselingcip.org), or call (415) 459-5999 ext. 101.

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WELCOME! TO OUR NEW CLINICAL STAFF MEMBERS

This September, CIP is pleased to welcome four new members to its clinical staff. Joining the Core Staff will be **Dr. Sarah Cirese**, Assistant Clinical Director, and **Dr. Kenneth Pound**, Director of Pre-Doctoral Studies. We are also excited to be working with **Thia Haselton, MFT**, and **Gary Hoeber, MFT**. We have asked each of them to introduce themselves.

We are saddened by the departures of **Dr. Gale R. Lipsyte** and **Lorrie Goldin, MFT**, who have both made outstanding and lasting contributions to CIP. They are uniquely talented as supervisors and teachers, and they will be missed by staff and interns alike. Please read more about their plans on page 6.

Sarah Cirese, PhD

I am so pleased to have this opportunity to be more involved with an organization that does so much for our community. The work that CIP does in providing quality mental health services and in training an outstanding group of intern-therapists is invaluable. I am looking forward to being a member of the staff of this terrific organization after having been a CIP supervisor for the last six years. This occasion will give me a chance to draw on the experience I have gained over the years as a researcher, college psychology professor, and psychotherapist.

Upon receiving my MA in psychology, I worked for six years doing research in late adolescent personality development at the University of California. For the next thirty-three years, until my retirement in 2003, I taught psychology in the Behavioral Science Department at the College of Marin in Kentfield. My teaching specialties were Human Sexuality, Abnormal Psychology, and the Psychology of Violence. I began my private psychotherapy practice in 1991 and currently work in Corte Madera with individuals and couples using object relations and family systems orientations. I have also been a supervisor for APPLE Family Works and am a past president of the Association of Family Therapists of Northern California.

I have two grown children and three grandchildren. I enjoy knitting, gardening, and hiking.



Sarah Cirese, PhD

Kenneth Pound, PsyD

I'm very excited about the upcoming year — my first as Director of Predoctoral Studies at CIP. In working with the core staff in anticipation of the upcoming training year, I have been so impressed by the dedication and humanity that Robin Berenson and the other program directors show. This really demonstrates most strongly to me the concern everyone has taken with balancing the needs of the agency's client base, the training needs of interns and practicum students, and such "real world" exigencies as maintaining funding and record keeping. Just the scheduling issues alone — especially taking into account room schedules, training times, and staff and intern availability and preferences — is clearly a Herculean task. Yet they manage to do it and with humor and compassion.

I'm really looking forward to meeting the interns in September. I've been doing a lot of teaching and supervising recently and have found these roles such great counterpoints to the many clinical hours I spend each week. In supervising and teaching, I especially like that one often gets a sense of having a positive



Kenneth Pound, PsyD

(continued on page 10)

CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR
Robin Joy Berenson, PhD, MFT

ASSISTANT CLINICAL DIRECTORS
Patricia Bresky, PhD
Sarah Cirese, PhD, MFT
Eloise Rivera, MFT

DIRECTOR OF PRE-DOCTORAL STUDIES
Kenneth Pound, PsyD

ADJUNCT PRE-DOCTORAL PRIMARY SUPERVISOR
Joan Sommer, PhD

COMMUNITY OUTREACH DIRECTOR
Jeana Reynolds, MFT

COORDINATOR, CIP SEMINARS FOR PROFESSIONALS
Eloise Rivera, MFT

COORDINATOR, CLINICAL CONVERSATIONS
Diane Kaufman, MFT

COORDINATOR, INTERN TRAINING PROGRAM
Patricia Bresky, PhD

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
Nancy Gump, MFT

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
 Lenore Cantrell, MFT
 Karla Clark, PhD, LCSW
 Susan Clifford, PhD
 Janet Constantino, MFT
 Peter Coster, MFT
 Jane Cunningham, MFT
 Noreen Dunnigan, MFT
 Phyllis Galanis, MFT
 Gini Gardner, MFT
 Ondina Nandine Hatvany, MFT
 David Henning, MFT
 Sally Holland, PhD, MFT
 Gretchen Hoskins, MFT
 Kathryn Hughes, MFT
 Ruth Jaeger, LCSW
 Diane Kaufman, MFT
 Andrew Lamden, LCSW
 Mario Lamorte, MFT
 Carol Law, MFT
 Susanne Light, LCSW
 Lisa Hauck Loy, MFT
 Lorraine Norby, MFT
 Mary Paige, MFT
 Margaret Perlstein, MFT
 Kristine Pfeleiderer, DMH
 Erica Posner, MFT
 Art Raisman, PhD
 Eric Reitz, PhD
 Jeana Reynolds, MFT
 Patricia Ross, MFT
 Barbara G. Sapienza, PhD
 Stephen M. Schoen, MD
 Pat Shelton, MFT
 Joan Sommer, PhD
 Cynthia Stanley, MFT
 Molly Merrill Sterling, PhD
 Adrian Tiller, MFT
 Ann Van Steenberg, MFT
 Karen Weinberger, LCSW
 Judith Weston-Thompson, MFT

Intern-Therapists

Sarah Alexander
 Deborah Berenholz, MA
 Saralyn Bregman, MS
 Nerina M. Cecchin, MS
 Garth Copenhaver
 Coy Dugger
 Atsuko Hori
 Kristi Hudson
 Laurie Hunt
 Bruce Immerman
 Yvonne Klitsner
 Karin Lewis
 Lya Lithgow, MA
 Catherine A. Mahler
 Kay McNamara
 Yuko Ninomiya
 Beverly Norton, MA
 Kelly Ransom
 Irma Rivera-Carlisle
 Sunny Sabbini
 Tom Thurston, MA
 Jessica Tsukahara, MA
 Barbara Turner

CIP, BEYOND HUNGER TEAMING UP TO HELP TEENS

CIP's EmBODY Power program will join forces with Beyond Hunger to bring body image and eating disorder education, prevention, and treatment services to middle and high school students. The nonprofit Beyond Hunger has provided workshops, support groups, referrals, and prevention programs for adults and teens with eating disorders in Marin for more than 17 years. Through collaboration, the agencies hope to create even more effective, comprehensive services to address an alarming trend.

Disordered eating (defined as bingeing, vomiting, fasting, diet pill and laxative abuse, or compulsive exercise) is rampant among Marin teens. The National Eating Disorders Screening Project found that approximately 52% of 9th grade girls at a local Marin high school suffered from disordered eating, compared with an average of 28% nationally, and 39% of Marin County boys displayed disordered eating behaviors, as well.

"At a time of life when building an identity and being accepted is so critical, adolescents are bombarded with media messages and pressured by their peers to conform to a physical ideal of perfect," states EmBODY Power Director **Katherine Mapes-Resnik, MS, MFT**. "Prevention is an essential element in addressing the problem."

In October, CIP intern-therapists will train with Beyond Hunger Peer Educators, students 16 to 18 years of age. "The peer education model is very effective because students internalize information in more depth when they hear it from their peers," explains **Shannon Myers, MA, MFT**, Executive Director of Beyond Hunger. "We are very excited to begin this collaboration with CIP and to have the opportunity to provide more comprehensive services to at-risk students."

Peer Educators and CIP intern-therapists will co-present educational presentations to middle- and high-school students at public and private schools. As a follow-up, two CIP intern-therapists will then co-lead ten-week counseling groups for students identified as concerned about or suffering from distorted body image or disordered eating. Individuals seeking additional treatment will be referred to CIP's on-site Eating Disorders Treatment and Prevention programs.

PROUD TO SERVE HOMEWARD BOUND

Since 1994, CIP has been proud to work with Homeward Bound of Marin, the chief provider of transitional and long-term housing and support services for homeless people in the County. Last year, CIP expanded our partnership by providing weekly counseling at Homeward Bound's New Beginnings Center.

NBC is home to 80 residents, the majority of whom commit to a long-term stay and begin rebuilding the personal resources they need to move out of homelessness for good. Residents learn to identify job skills and participate in job search workshops, training programs, apprenticeship opportunities, employment search, and retention goal setting.

The counseling provided by CIP helps individuals address emotional and psychological needs so that they can participate effectively in Homeward Bound programs and make the most of opportunities to reestablish healthy, productive lives. CIP also supports Homeward Bound in working to destigmatize homelessness.

CIP provides group therapy to adults and children at Homeward Bound's San Rafael facilities. We are very proud to collaborate with Homeward Bound in helping families and individuals.

SEMINARS FOR PROFESSIONALS

All Seminars for Professionals are held at Guzman Hall, Dominican University, San Rafael.

SURVIVE AND THRIVE: FUN AND EFFECTIVE TREATMENT WITH BORDERLINE SPECTRUM CLIENTS

with Marian Cremin, LCSW, founder of the DBT Center of Marin, accompanied by Michelle Mazza, MFT, and Beatrice Chorinsky, PsyD, associates with the DBT Center of Marin

Saturday, October 22, 2005; 9:00 AM – 4:00 PM

It is extraordinarily difficult to deliver effective treatment to most patients with Borderline Personality Disorder (BPD). Good therapists can feel like they have conducted ineffective therapy or made major mistakes with BPD. Often as therapists we feel alone, discouraged, hopeless, and depressed in treatment with this population. Anger and hostility with the patient or other members of a treatment team might occur. These feelings might oscillate with feeling energetic, confident, encouraged, and hopeful. These experiences together can be completely exhausting and lead to burn-out.

In this workshop we will examine why these patterns develop and how to stop their progression, taking a close look at the specific behaviors of both patients and therapists that tend to reinforce these exhausting feelings. We will discuss specific treatment techniques, interventions and research findings that can shift these patterns and provide both therapist and patient a sense of efficacy, and even joy, in treatment.

CIP Members: \$120 if received by October 8, or \$140 late registration

Non-members: \$140 if received by October 8, or \$160 late registration
6 CEUs (submitted to MCEPAA for approval).

A DAY WITH NANCY McWILLIAMS: GOING BEYOND THE BOOK

with Nancy McWilliams, PhD

Saturday, January 14, 2006; 9:00 AM – 4:00 PM

Contemporary psychoanalytic therapy can no longer be easily defined by reference to transference, resistance, countertransference, working through, and termination. More important are issues such as the emotional preparation of the therapist, the skills involved in developing a working alliance, the boundaries established for the therapeutic dyad, and other facts of clinical life.

The goal of this workshop is to acquaint practitioners with an overview of psychoanalytic psychotherapy that emphasizes its orienting values, knowledge base, and assumptions rather than its traditional technical prescriptions. The objective of the day's program is to provide mental health practitioners with practical knowledge about such clinically central issues as boundaries, occupational hazards, and the integration of a psychodynamic approach with interventions developed from other perspectives.

Nancy McWilliams is author of *Psychoanalytic Diagnosis: Understanding Personality Structure in the Clinical Process* (1994), *Psychoanalytic Case Formulation* (1999), and *Psychoanalytic Psychotherapy: A Practitioner's Guide* (2004). She teaches psychoanalytic theory and therapy at the Graduate School of Applied and Professional Psychology at Rutgers — the State University of New Jersey. A 1978 graduate of the National Psychological Association for Psychoanalysis, she is also affiliated with the Institute for Psychoanalysis and Psychotherapy of New Jersey, the National Training Program in Contemporary Psychotherapy, and the Psychoanalytic Institute of Northern California.

CIP Members: \$120 if received by December 31, or \$140 late registration

Non-members: \$150 if received by December 31, or \$170 late registration
6 CEUs (submitted to MCEPAA for approval).

CONFIGURATIONAL ANALYSIS: AN INTEGRATED APPROACH TO CASE FORMULATION DURING PSYCHOTHERAPY

with Mardi Horowitz, MD, and Adam Goldyne, MD

Saturday, March 4, 2006

9:00 AM – 4:00 PM

This seminar will focus on Configurational Analysis, a systematic approach to psychotherapy case formulation. This approach can invigorate, deepen, and empower the practice of psychotherapy with difficult to conceptualize clients. Clinicians can use this formulation as a basis for identifying the particular interpersonal, cognitive behavioral, or psychodynamic techniques that would be most useful for a given client.

Mardi J. Horowitz, MD, is Professor of Psychiatry at the University of California, San Francisco, where at the Langley Porter Psychiatric Institute he has initiated and directed multiple clinical research programs. This work, especially his work contributing to the diagnosis and treatment of Post Traumatic Stress Disorder, led to receiving the Lifetime Achievement Award from the International Society for Traumatic Stress Studies, the American Psychiatric Association's Foundations Fund Prize for Psychiatric Research, the Hibbs Award, the Strecker Award, and the Royer Award of the University of California Regents.

Adam Goldyne, MD, practices general and forensic psychiatry in San Francisco and is a candidate at the San Francisco Psychoanalytic Institute. The recipient of multiple teaching awards, Dr. Goldyne is an Assistant Clinical Professor at UC San Francisco. He completed his medical training at UCSF, his residency at Columbia University, and his fellowship training at the Program for Psychiatry and the Law at UCSF.

CIP Members: \$120 if received by February 17, or \$140 late registration

Non-members: \$140 if received by February 17, or \$160 late registration
6 CEUs (submitted to MCEPAA for approval).

STUDY GROUPS & CLASSES

All Study Groups and Classes are held at CIP, 1330 Lincoln Avenue, Suite 201, San Rafael.

ATTACHMENT — 6 WEEK STUDY/CONSULTATION GROUP *with Linda Graham, MFT*

Wednesdays, 10:00 AM – 12:00 noon beginning September 28, 2005

Attachment theory gives clinicians an accurate map of clients' unconscious strategies for "feeling and dealing while relating." When clients' strategies derail into the defensive patterns we encounter in personality disorders, the lens of attachment allows clinicians to reframe maladaptive defenses as their clients' best attempts to cope with the emotional wounds of early dysfunctional relationships and trauma. When integrated with research findings from developmental psychology and modern neuroscience, attachment theory guides clinicians to the precise interventions that will repair failures of attachment and accelerate the process of therapeutic change.

Clinicians will learn the techniques of emerging attachment-based, emotion-focused therapies that quickly help clients regulate emotions more adaptively, relate authentically to self and others, and stabilize the internal secure base that is the foundation of coping resiliently. Clinicians will bring case examples for practicing the application of attachment theory and for the integration of attachment-based treatment techniques into their ongoing clinical work.

Linda Graham, MFT, is an experienced psychotherapist, consultant and trainer with a full-time private practice in San Francisco and Marin. She is a presenter for the AEDP Institute, leads consultation groups on attachment, presents to professional organizations on the integration of psychodynamic therapy, attachment, neuroscience and mindfulness, and leads workshops on the emergence of the Whole Self.

CIP Members: \$180; **Non-members:** \$240; 2 CEUs per session; 12 CEUs for all six sessions (submitted to MCEPAA for approval).



Linda Graham, MFT

EXTRAMARITAL INVOLVEMENT AND OTHER KNOTTY COUPLES' ISSUES *with Pat Shelton, MFT*

Second Friday each month beginning January 13, 2006; 10:00 AM – 12 Noon
Limited to 12 participants

According to a survey of couples' therapists, infidelity, power struggles, communication problems, lack of love, and unrealistic expectations are the five marital problems that damage marriages the most, are encountered most frequently, and are most difficult to treat. In an adaptable interactive round-table atmosphere, Pat will present information and case vignettes, allowing ample room for discussion of clinical questions and other interests of the group. The goal of the course is to strengthen understanding and therapeutic strategies regarding knotty cases and challenging clinical issues.

Pat Shelton, PhD, MFT, has taught in graduate degree programs, supervised trainees and advanced interns, and has provided training for interns and therapists for many years. She teaches in the Counseling Psychology doctoral program at Argosy University, SFBA, and at Alliant University. Pat is a past-president of Marin-CAMFT and was the chapter's Leader of the Year in 2000.

CIP Members: \$150; **Non-members:** \$200
2 CEUs per session; 10 CEUs for all five sessions (submitted to MCEPAA for approval).



Pat Shelton, PhD, MFT

UNFOLDING MOMENTS: THERAPEUTIC RELATIONSHIP IN EFFECTIVE PSYCHOTHERAPY *with Stephen Schoen, MD*

Saturday & Sunday, February 4-5, 2006

This weekend seminar will utilize didactic presentation and discussion with an emphasis on experiential work with volunteer participants to cover the following topics:

1. Explanation of the nature of the healing therapeutic relationship.
2. Core concept: The patient's need for greater self acceptance.
3. How to hone empathetic response to assist in achieving the patient's increased level of self acceptance.
4. Timing and focus of therapist responses in the therapeutic dialog.
5. Working with patient's anxiety and defenses, especially denial and evasion.
6. Cultivating therapist authenticity.
7. Working experientially with therapist/participants' own self-acceptance as essential for the facilitation of patients' self acceptance.
8. Demonstration of techniques and interventions influenced by Gestalt, humanistic, existential and hypnotherapy approaches.
9. Addressing the concept of the connection of the therapist's unconscious with the patient's unconscious.

CIP Members: \$180; **Non-members:** \$240
12 CEUs (submitted to MCEPAA for approval).



Stephen Schoen, MD

**TO REGISTER
FOR SEMINARS, CLASSES
& GROUPS**

Visit
www.counselingcip.org
or call
(415) 459-5999 ext. 101
Space is limited!
Early registration advised.

MEMBER NOTES AND NEWS

VIEWING AND DISCUSSING *EMPATHY*, A FILM BY AMIE SIEGEL with Steven Frankel, MD

March 24, 2006, 7:00–10:00 PM
42 Oak Ridge Road, San Rafael



Steven Frankel, MD

Participants will watch *Empathy*, a film by Amie Siegel that explores the tricky intimacy between psychoanalysts and their patients. Following the film, Steven Frankel, MD, will lead a discussion of the themes of the movie as they relate to the functional core of therapy.

In *Empathy*, boundaries of all kinds break down, including the trust between analyst and patients, and the lines between fiction and documentary. By destroying these boundaries, the film raises questions such as the role of acting versus spontaneous interaction in psychoanalysis. Through viewing and discussing the tensions in the film, participants will become more aware of these tensions in their own work.

Steven Frankel, MD, is a graduate of Yale Medical School and received his psychoanalytic training at the San Francisco Psychoanalytic Institute. His ideas about why psychotherapy so often fails to produce lasting change and how an authentic, creative therapy process is possible are developed in his books, *Intricate Engagements: The Collaborative Basis of Therapeutic Change* and *Hidden Faults: Recognizing and Resolving Therapeutic Disjunctions*.

Members: \$40; Non-Members: \$55.
3 CEUs (submitted to MCEPAA for approval).

TRIBUTE TO LIPSYTE & GOLDIN



Gale Lipsyte, PhD

Dr. Gale Lipsyte will be leaving CIP to devote more time to her clinical and consultation practice in Berkeley and San Francisco, and to professional writing projects. She writes, "It has been a privilege to contribute to the service CIP provides to the community. CIP is such a thriving, challenging, and nourishing environment for working and learning, and I am deeply appreciative of the opportunity to have participated in this endeavor. The interns, core staff, Executive Director Dr. Robin Berenson, and the many volunteer supervisors and trainers contribute to the impressive level of dedication, clinical expertise, and collegial support. It has been particularly rewarding to have helped facilitate the learning of the interns as they navigate their rigorous training, and grow and emerge into their professional identities. I will certainly miss CIP, and hope to remain in touch and involved in various ways."

We bid farewell to **Lorrie Goldin**, LCSW, who has been one of CIP's Assistant Clinical Directors for the past three years. Lorrie has had a long and satisfying relationship with CIP for many years. Before joining the staff, she was a pro bono supervisor and founded CIP's Clinical Conversations series.

Lorrie will be working at Family Service Agency of Marin, where she will be supervising interns and providing treatment to low-income clients. She will

also focus on building her private practice in San Rafael and the East Bay. Although no longer on staff at CIP, Lorrie treasures her time and associations here and reminds us that she will still be very much a part of the community.

Alum **Amy Bandera, PsyD**, Adjunct Supervisor at McAuley Institute, St. Mary's Medical Center, was the winner of the Northern California Society for Psychoanalytic Psychology 2004 Student Paper Award for *Hysteria and the "Transformation Spectrum."*

Alum **Barbara Rose, MFT**, writes, "I am excited to announce the opening of my private practice in San Rafael as of April 1, 2005. My orientation is psychodynamic with a continued interest in the imaginal realm, object relations, and archetypal psychology."

Kelly Ransom Theurkauf, one of our second year interns, gave birth to twins on June 10: Nathaniel Gresham, 7 pounds, 11 ounces at 5:32 PM and Maxwell Ransom, 6 pounds, 15 ounces at 5:34 PM. Mom and dad are tired, but very happy. Congratulations and best wishes!

An exciting venture! **Ann Gordon, PhD**, and **Nancy Lambert, MA**, 2005 graduating interns, will be sharing an office at 1330 Lincoln Avenue, Suite 102B, San Rafael.

Well done! **Michael Turnacliffe, MFT**, successfully passed his final exam in June and is now a Licensed Marriage & Family Therapist. He will begin working at UCSF. Congratulations, Michael!

CLINICAL CONVERSATIONS

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

When: Fourth Friday of the month, 10:00 AM – Noon
(*Some exceptions; see schedule)

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. For more information, please call **Diane Kaufman, MFT**, at (415) 461-8051.

September 23: **Sarah Cirese, PhD** — *Shame in Life and Psychotherapy*

October 28: **Diane Kaufman, MFT** — *Transforming Events for Client and Therapist with AEDP*

*November 18: **Cheryl Jern, MFT** — *The Wounded Healer: What Happens When the Therapist Gets Sick*

January 27: **Linda Graham, MFT** — *Attachment and Intersubjectivity*

February 24: **Molly Merrill Sterling, PhD** — TBA

March 24: **Mario Lamorte, MFT** — *Cognitive Dialoguing for Treating Mood Disorders: Establishing New Neural Connections*

ACCEPTANCE: GROUNDWORK FOR CHANGE

by Marian H. Cremin, LCSW

Sometimes coping with reality is like being in a hell on earth entangled in leaden chains. The more you wish the chains weren't there, the heavier and more painful they become. Accepting reality is easy... when things are rosy. But what if you're struck with bad news: a loved one gets seriously ill, you get laid off from a well-liked job, or your lover leaves you? Suppose you're depressed, sad and hopeless much of the time, or feel anxious and scared most of the day? Nobody really wants to accept unpleasant and disturbing realities. There may even be a well-concealed belief that by staying miserable things will magically change. However, to disentangle from the burdensome chain of reality, you must first accept that it is there.

Elisabeth Kubler-Ross, in her pioneering work *On Death and Dying*, discussed the essential nature of acceptance in illness and death. Acceptance is the end of the struggle, the final stage after the dying person and their family have cried and mourned and wrestled with fear, grief, and despair. Enduring and experiencing these stages of discomfort and arriving at acceptance helps a person die with peace and dignity and allows the family to finally let go.

There is a similar phenomenon in coping with painful emotions — the more negative feelings are fought, the more intense they become. David Burns, in *The Feeling Good Handbook*, calls this the "Acceptance paradox." Since our emotional reality is frequently different than we expect or want it to be, we may start to feel that it *should* be different. Paradoxically, the more things are accepted, the easier they become to change.

Sometimes therapists are challenged in accepting clients as they are and feel that they should be more proactive, do the work they are assigned, or acknowledge their role in their problems. In Dialectical Behavior Therapy, technologies of change are balanced with those

of acceptance. This is practice for both the therapist and the client. The therapist must find a way to balance the patient's capabilities and deficiencies, and be both nurturing and change-demanding. In order to change, the client is encouraged to practice accepting reality, just as it is, over and over again.

It's important to realize that acceptance is not the same as approval. People often think that accepting reality means giving up, not trying to change and grow, or tolerating injustice. Acceptance simply means a willingness to see things as they are.

Since our emotional reality is frequently different than we expect or want it to be, we may start to feel that it should be different. Paradoxically, the more things are accepted, the easier they become to change.

This takes dedicated effort. Acceptance is more often a practice than a permanent condition. Recovery from addiction often takes practice on a daily basis. The famous Serenity Prayer, from the twelve-step Alcoholics Anonymous program, asks one's higher power to "grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

A client of mine put it this way, "Acceptance is the only way out of hell — it's about committing to go down that path over and over again.



Marian Cremin, LCSW

The last two years have been so traumatic for me and reality was disturbing because the reality was not of my choosing — not wanting the reality that I got and not comprehending it. How could this be? I was fighting reality because it felt so horrible and unbearable. It got to a point that my suffering was so bad I couldn't take it anymore and wanted to die. And I'm sure that's because I was fighting against reality."

With a consistent practice of acceptance, this client was able to untangle herself from the leaden chains of her suffering and walk away from her very real experience of hell.

Marian Cremin, LCSW, works primarily with adults and families. She is founder and director of the DBT (Dialectical Behavioral Therapy) Center of Marin and is the DBT Consultant to Marin County Community Mental Health. Her extensive background in family crisis intervention and outdoor leadership training lends a unique perspective to her work. She leads workshops in DBT and BPD locally and nationally.

Marian will present a day-long Seminar for Professionals entitled "Survive and Thrive: Fun and Effective Treatment with Borderline Spectrum Clients" on Saturday, October 22, 2005; please see page 4.

SUBMISSIONS WANTED!

We invite CIP Members to submit articles 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

A Heartfelt Thank You to Our Donors (2/1-6/30/05)

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Circle of Friends (cont.)

Harry & Amy Hunt
 Judy Hunt
 Laurie Hunt
 Ruth Jaeger
 Jivan Foods, LLC
 Robert & Janis Jones
 Cheryl Kalter, LPC
 Bob & Cindy Keeran
 Sam Kuhn
 Sohan Lal
 Wayne Lesser
 Al & Joan Lithgow
 Baird & Marlee Lithgow
 Elizabeth B. Little
 V.A. & B.R. Lowe
 Dave Luders
 Holly Lugassy
 Cristy Manska-Egan
 Kathryn Matsuura
 Winifred McKinnon
 Jack G. Nixon, CLU
 Lorraine Norby
 Dick Park
 David Peck
 Margaret Perlstein
 Elissa Rabellino
 Petra Joanna Redfield
 Robert & Myrna Reid
 Mary B. Rezaian
 William & Nancy Richards
 Irma Rivera-Carlisle
 Larry & Diane Rosenberger
 David & Cynthia Rovero
 Belinda Ryland

Circle of Friends (cont.)

Kathryn & Daniel Samuel
 Toni Sanford
 Barbara Saxton
 Marsha Scoles
 K.M. & E.L. Scown
 Jean C. Soost
 Ruth Kierans & Laurence Spears
 Alyson Spencer
 Julianne & Alexander Sterling
 Michael F. Theurkauf
 Tom Thurston
 Alice L. Timmons, MEd
 John & Carol Verboncoeur

Grants

Allensby Charity Trust
 Anonymous
 Sadie Meyer and Louis Cohn
 Foundation
 Donald O. Collins Foundation
 Fireman's Fund Foundation
 Freitas Foundation
 Furthur Foundation
 Lucasfilm, Ltd.
 Marin Charitable Association
 The Nightingale Fund
 Christine Zecca Foundation



Save the Date!

Saturday, May 6, 2006

6:00 - 10:30 p.m.

**Twelfth Annual
Extraordinary
Evening
with the Arts**

Community Notes Display Advertising Policy

CIP's quarterly newsletter, *Community Notes*, is mailed to more than 12,000 Marin residents. CIP accepts display advertising according to the following terms.

Large size: 4.5" high 2.25" wide (vertical): \$500/issue
 2.25" high 4.5" wide (horizontal): \$500/issue

Standard size: 2.5" high 2.25" wide: \$250/issue.

Business card: 2" high 3.5" wide: \$350/issue

Acceptable submission formats: Quality (1200+ dpi) camera-ready print-out or electronic files in TIFF, JPG, BMP, or PDF.

Deadlines:

November 1	January issue
January 1	March issue
April 1	June issue
July 1	September issue

Please email ads to rjberensoncip@aol.com or send by mail to:

Community Institute for Psychotherapy
 Attn: Administrative Manager
 1330 Lincoln Avenue # 201
 San Rafael, CA 94901

Ad space is limited. Early reservation is advised. CIP reserves the right to refuse any advertisement at its own discretion.

Steven Rosenberg MEDIATION TRAINING

**Interactive, 40 hour professional training
utilizing simulations, coaching,
lectures and demonstrations**

*Develop and refine mediation techniques
Enhance communication & negotiation skills
Explore the nature of conflict
Establish & market a mediation practice*

**October 19–21 and 26–28, 2005
Mill Valley, CA**

40-Hour Complete: \$1,100; \$975 early registration
 20-Hour Basic: \$600; \$525 early registration

Approved for 40 hrs of MCEP Credit for Ph. D. Psychologists by the Calif. Psychological Association Accrediting Agency (Course Approval #R0S062-01) & for LCSWs and MFTs by the Calif. Board of Behavioral Science (PCE #107).

References available

**www.RosenbergMediation.com
(415) 383-5544**

Paid Advertisement

SPONSORS HELP MAKE HEALING HAPPEN

Marin resident **Arthur Guild**, President of Richmond-based **Binding Systems**, understands how important healing stories are. He understands, too, how valuable professional help can be for each of us trying to make our own healing story happen. And he knows how difficult it can be to seek that help. He wishes it were easier. Knowing that wishing is not enough, Guild decided to take action.

Binding Systems will produce 1,000 copies of *Our True Voices: Stories of Healing* for distribution to Marin schools, libraries, faith congregations, human service agencies, and healthcare providers. *Our True Voices* — inspiring stories of courage and hope — will be distributed initially at CIP's Evening of Storytelling on November 4.

Other local businesses and professionals are taking similar action to make sure that seeking help is easier. **Dr. Eliot Kaplan** of **Mill Valley Optometry**, non-profit communications specialists **Wordsworth**, San Rafael's women-owned **A Party Center**, school counselor **Janet Lawson**, MS, MFT, and an anonymous donor have joined CIP's family as sponsors of our two-part Healing Stories event.

Will you join them? More information is available by calling the CIP office at 459-5999, ext. 101. Sponsorships, which start at \$100, offer direct benefits to donors. As always, however, our Healing Stories Sponsors enjoy the further satisfaction of knowing that the community-at-large will benefit as a result of their investment: valuable public education programs and excellent clinical services for those who cannot otherwise access care are good for all.

For more information on the Healing Stories event, see page 12.

BENEFIT EVENT PLANNING UNDERWAY

CIP is pleased to announce that, even before formal sponsorship request letters for our 12th Annual Extraordinary Evening with the Arts were sent, three of our past sponsors had renewed their commitments! **Honorary Event Chair Peter Paul**, CEO of **Paul Financial**, and **Bayside Marin**, led by CEO **Perry Litchfield**, are Principal Sponsors. The **Freitas Foundation** is a Major Sponsor for the May 6, 2006 event.

While CIP's excellent client services are the basis for our growing range and number of sponsors, reaching them all depends on the enthusiastic efforts of our Sponsor Committee members. Among the new members of the Sponsor Committee this year are **Bank of Marin's Joan Capurro** and **Bob Johnson** from **Kaiser San Rafael's Psychiatry Department**. They'll be joining **First Republic Bank's Kellie Abreu**, and CIP Board Members **Gregg Elberg**, **Susan Lachtman**, **Wayne Lesser**, and **Iraj Zolnasr** as well as **Honorary Chair Peter Paul**, among others.

Sponsorship commitments for our Extraordinary Evening range from \$500 to \$10,000 and up. Benefits for sponsors include event tickets and substantial marketing advantages. For some sponsors, though, the abstract benefits are as important as the marketing: "Giving back to the community" and "assuring that our neighbors' needs can be met" are enough for some.

With requests for CIP services increasing all the time, every sponsor — whatever their motivation — helps us reach our goal of responding to people in need who otherwise can't access care. We invite you to join in CIP's campaign for a healthier Marin. Please call 459-5999, ext. 101, for more information.

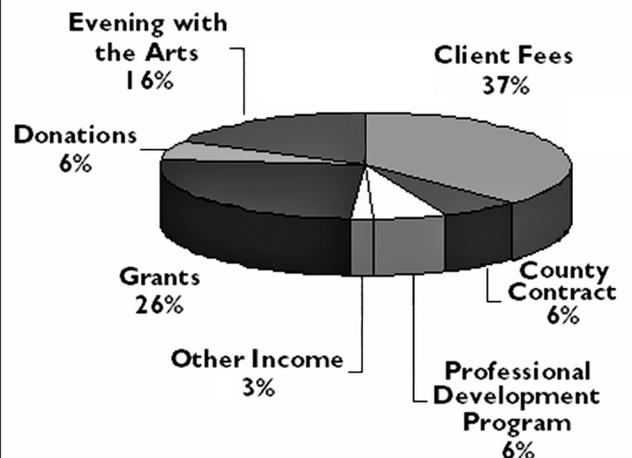
NEW BUSINESS AND COMMUNITY PARTNERSHIPS

Because mental health is integral to community health, and concern about our community is a sign of leadership, we always invite local businesses and community groups to lead by supporting CIP. Business and Community Partnerships, starting with contributions of as little as \$100, offer a quiet way to join CIP's family of supporters. All CIP Partners are publicly recognized (unless they request anonymity). Fund Development Director **Brenda Gates-Monasch** will be happy to discuss underwriting opportunities with you.

2005 CIP Board of Directors

Lorn T. Dreitzler, President
 Robert A. Sonnenberg, Treasurer
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 Stacy Scott
 Iraj Zolnasr

CIP INCOME 2004



MEETING THE DIVERSE NEEDS OF OUR COMMUNITY: CIP ON-SITE SERVICES AND OUTREACH PROGRAMS

CIP provides a full range of psychological services on a sliding scale basis. We are open for appointments from 8:00 AM to 9:00 PM Monday through Saturday. We accept Medi-Cal and insurance. To make an appointment, contact our intake line at (415) 459-5999, ext. 102.

Help for Disadvantaged Families and Individuals at Risk, the largest and oldest of CIP's programs, is designed to provide maximum access to quality mental health care for disadvantaged families and individuals who are uninsured and ineligible for Medi-Cal. Counseling promotes healthy relationships within families; maximizes children's capacity to learn; and addresses problems that compromise self-sufficiency, productivity, and the ability to contribute to a healthy, vibrant community.

Adult Survivors of Childhood Abuse addresses the psychological and emotional needs of men and women who are experiencing difficulties resulting from the physical, emotional, psychological and/or sexual abuse they sustained as children. Survivors have been shown to be more vulnerable to numerous problems, including alcohol and other drug addiction, relationship difficulties, domestic violence (reenactment of intergenerational abuse), physical ailments, and related issues.

Support for Single Parents at Risk provides counseling and support to enable single parents, who are often struggling with issues of abandonment, poverty, and abuse, to stabilize their lives, prevent out of home placement, child abuse, and neglect. We help parents to establish safe, nurturing homes for their children, and avoid homelessness.

Couples Therapy Program offers expert counseling with a focus on the unique dynamics of couples relationships. Among the many issues for which couples may seek help are money, parenting, communication, and intimacy. Counseling enables couples to sort out their complex experiences and focus on differentiation and self-development within the relationship.

Support and Therapy Groups are offered for men and women interested in a long-term interactional group process of self-exploration and interpersonal learning. Participation helps members improve interpersonal skills, resolve feelings about family of origin experiences, acquire better self-understanding and self-acceptance, develop more positive relationships with others, become aware of personal needs and identify personal goals, and achieve greater success and satisfaction in work.

Treatment and Prevention Program for Eating Disorders addresses the emotional and psychological issues that lead to disordered eating, using an integrated and flexible approach that involves support and education, cognitive-behavioral therapy, expressive arts therapy, narrative therapy, as well as psychodynamic techniques.

Psychological Testing is designed for adults who are currently in therapy at CIP or working with a referring therapist. Client and therapist work together to develop one or more questions, perhaps relating to personal goals, career questions, or relationship issues.

WELCOME! TO OUR NEW CLINICAL STAFF MEMBERS

KENNETH POUND (CONTINUED FROM PAGE 2)

impact in a very immediate way. We don't always get that feeling in clinical work, which can sometimes take a long time to bear evident fruit. I also like that the supervisory and teaching role has room for much more playful "give and take" than clinical situations tend to allow. I feel comfortable in showing more sides of myself in supervision and teaching and love that there is the potential for mentoring.

Thia Haselton, MFT

Director of Eating Disorders Program

Thia has extensive experience treating eating disorders and chemical addictions in both in- and outpatient settings. In addition to private practice in Marin and San Francisco, Thia counsels adolescents and their parents in a high school setting.

"CIP has a fine reputation for intern training and client care. I'm thrilled to be joining the team!"

Gary Hoeber, MFT

Director of Adult Group Therapy

I am excited to be joining CIP as the Group Psychotherapy Director. Since 1976, when I got my first job in community mental health, I have seen that, in many cases, group psychotherapy is the most effective approach to the challenges of the human condition.



Gary Hoeber, MFT

After all, most of our dilemmas and delights are interpersonal. When I started my own practice in 1982, I immediately began specializing in group therapy — over the years I have consistently led up to eight groups each week. I also taught "Practice of Group Psychotherapy" for fifteen years at John F. Kennedy University. After taking a break from teaching, in order to fully attend to my Berkeley and San Rafael practices, I look forward to interacting with the interns and staff at CIP.

Community Institute for Psychotherapy

2005–2006 Professional Development Program

Membership Application Form

Note: Even if you do not wish to be listed in the Membership Roster, please complete for CIP's internal use.

[Please print]

Name _____ Date _____

Office Address #1 _____

Office Address #2 _____

Email _____ Office Telephone _____

Degree _____ License Type _____ License # _____

Brief description of professional activity/affiliations/interests in psychotherapy for roster listing (20 words or less):

Would you like the above information listed in Annual Membership Roster*? Yes No

*Must be received by October 15, 2005

September 2005–August 2006 Membership Fees: \$50 Regular Membership (Licensed Mental Health Professional)
 \$30 Associate Membership (Unlicensed)

Amount Enclosed \$ _____

Payment type: VISA MasterCard Check payable to: **Community Institute for Psychotherapy**

Card Number: _____ Exp. Date _____

I am interested in learning more about CIP's committees:

- Professional Development Program Committee (generates and organizes the Seminars for Professionals and the Advanced Clinical Case Conferences; works with one Core Staff member)
- Community Education Program Committee (generates and organizes educational materials and presentations for the community)
- Communications Committee (works on public relations, graphics, etc.)
- Event Planning Committee (helps with *An Extraordinary Evening with the Arts* [participating on the Sponsor, Auction, or Food/Beverage Committees], Healing Stories, and/or other events)
- Development Committee (helps with fundraising)
- Community Notes* Newsletter Committee (writes and/or solicits one article for each quarterly issue)
- Alumni Committee (organizes alumni events, requests information for newsletter "Member Notes and News")
- I can't make a commitment, but I'd like to help when I can. Call if there's a need.

Fax your completed registration form to **(415) 459-5602**

Mail check and registration to: CIP • 1330 Lincoln Avenue, Suite 201 • San Rafael, CA 94901

For more information, phone **(415) 459-5999 x101**



COMMUNITY INSTITUTE FOR PSYCHOTHERAPY
1330 LINCOLN AVENUE, SUITE 201
SAN RAFAEL, CA 94901-2141

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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 our website at www.counselingcip.org

STORIES TO HEAL AND INSPIRE

A story is a very special thing: It can make us laugh or cry, or see the world a little differently. And when it comes from the heart, with a message of courage and hope, a story can inspire.

This is the reason behind CIP's Healing Stories event, which works to overcome the social stigma associated with treatment for mental health conditions and raise awareness of the quality, affordable care available here in Marin. We are very pleased to have **Marin County Superintendent of Schools Mary Jane Burke** as our 2005 Honorary Chair. She writes,

"I applaud and pay tribute to the Community Institute for Psychotherapy for their vision and leadership in enabling members of our community to motivate and inspire others by sharing their stories. Through their efforts the Institute has helped people to develop the strength and courage to address their challenges head on."

CIP's fifth Healing Stories event will kick-off on September 12 with our **Share Your Healing Story** writing contest. Marin residents are invited to write true, personal stories of 350 words or less about how their lives have been made better by counseling or therapy. One story in each of three categories (Youth ages 11-14; Young Adults ages 15-18; and adults) will receive a cash award of \$150 plus publication in the *Marin Independent Journal*. A second story will receive \$100, and all finalists will have their stories published in the



*2005 Honorary Chair
Mary Jane Burke, Marin
County Superintendent of
Schools.*

booklet, *Our True Voices: Stories of Healing*, to be distributed throughout the county. All entries must be received by 5:00 PM Friday, October 14, at CIP.

On November 4, 2005, the public will be invited to a very special **Evening of Storytelling** at the Autodesk Atrium in San Rafael with nationally celebrated storyteller **David Roche**. Appearing with David will be masterful storytellers **Marlena Blavin** and **Rev. Lynn Rogers, PhD**. All writers will be acknowledged and prizes will be awarded. Refreshments will be served. A donation of \$10 per person is encouraged. All contest entrants will receive complimentary admission.

For further information on contest guidelines and/or Evening of Storytelling, visit our website or phone (415) 459-5999 ext. 101 to request a brochure. For sponsorship opportunities, see page 8.