



COMMUNITY NOTES

DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

In each newsletter, we publish a brief statement titled, "Who We Are," including the paragraph:

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 that the healing of the individual and the healing of the planet are inseparable.

As CIP begins our 30th training year, this message is more urgent than ever before. Today we hear distressing news of global warming, wars in many parts of the world, and natural devastation of unimaginable proportions. In these times, it's important to remember that even as individuals, our everyday actions can and do have a positive impact.

Psychological pain is both debilitating and isolating. Children overwhelmed by emotional problems are not able to learn or enjoy healthy social interactions. Families struggling with conflict and abuse are unable to participate in their communities or encourage their children to do so. When individuals battle depression, substance abuse, or other difficulties, they are less able to create positive relationships or contribute to a common goal.

When we reach out, turn our efforts to the collective aspirations of our community and beyond, we not only serve others, we serve ourselves. We also heal and grow. Person by person, we contribute to a better world.

As professional healers, we know this to be true. CIP is a special organization dedicated to volunteering, vision, and community. From this we draw our greatest inspiration and our strength.

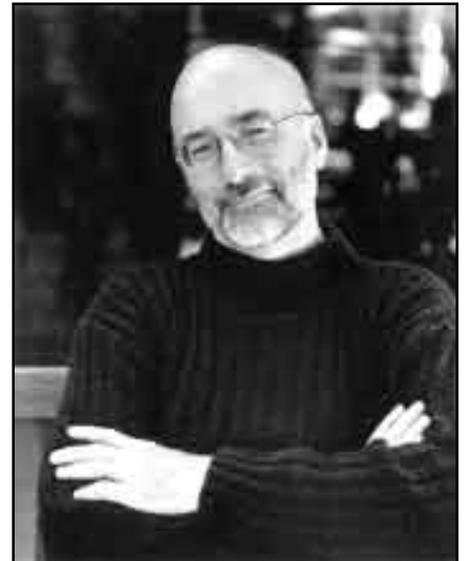
PROFESSIONAL DEVELOPMENT PROGRAM

Our 2006-2007 line-up of Seminars for Professionals, Study Groups, and Classes offers an exciting range of topics presented by outstanding clinicians.

CIP Members receive discounts on all program events, and free certificates for attendance at Clinical Conversations, among others benefits.

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

Michael Bader, DMH, will present a day-long seminar, "What Is He Thinking? A New Theory of Male Sexuality," on Saturday, October 14. See page 5.



NEW OPENINGS FOR REFERRALS AS 30TH YEAR BEGINS

Beginning this month, we welcome 24 new and continuing intern-therapists, who bring a wealth of interests, talents, and expertise to their work. As a result, we have openings for new clients in a variety of programs throughout the agency.

We offer long-term depth psychology as well as short-term counseling, adult therapy groups, and psychological testing. Areas of focus include relationship, parenting, life and career issues, self-esteem, women's and men's issues, loss and grief. We work with depression, anxiety, trauma, PTSD, dual diagnosis, addictions, and in-depth work with clients with axis II disorders.

Our largest program, Help for Disadvantaged Families and Individuals at Risk, provides mental health services to uninsured adults and children ineligible for Medi-Cal. The program serves as a safety net for Marin's most vulnerable residents who otherwise could not obtain needed services. Other focused programs include Support for Single Parents and their Children, and Support for Survivors of Childhood Abuse.

See elsewhere in this newsletter for additional programs. All services are offered on a sliding scale basis and Medi-Cal is accepted.

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STAFF

CIP WELCOMES NEW ASSISTANT DIRECTOR DR. DEANNA REARDON

Deanna Reardon, PsyD, is a clinical psychologist who has been supervising and teaching at the graduate level for the past several years. She has supervised at the McAuley Institute, and is on the faculty at Argosy University where she teaches Supervision and Consultation, Psychopathology, Psychodynamic Theory and Therapy, and several Practicum Seminars.

"As a graduate of the Wright Institute, I was fortunate to receive excellent clinical training and supervision, which I feel has made me the clinician I am today. It is exciting for me now to take part in training others, and to participate in the rich learning environment at CIP."

Deanna has a daily yoga and meditation practice, and loves to quilt, knit, cook and create almost anything by hand. She maintains a private practice in Oakland where she works with children, teens and adults.

PATRICIA BRESKY SAYS GOOD-BYE

It is with great sadness that I announce my departure from CIP and my role as Assistant Clinical Director. Due to family responsibilities, I will be returning to the East Coast where I hope to build a private practice and continue to supervise and consult. Regardless of what I develop there, I will think of my time at CIP as one of profound personal and professional growth. Thank you, interns, staff, supervisors, and trainers. Wherever I land, I hope to put what you've given me to good use.

Goodbye for now.



Patricia Bresky, PhD

A NEW DIRECTOR FOR SCHOOLS PROJECT

Andrew Lamden, LCSW, the new director of CIP's Schools Project, has a private practice in Kentfield. Within his practice and the Marin County community, Drew has over 22 years experience working with teens, children, families, adults and couples. As a therapist, mediator, Court Appointed Special Master, and co-parenting counselor Drew also works with families going through divorce. He has worked with student and parent groups in the schools, and consults within private practice, school, mental health training programs, adult and child psychiatric emergency clinics and family court settings.

Outgoing Schools Project Director Nancy Gump, MFT, writes, "I leave my position with gratitude. The program will be directed by Andrew Lamden, LCSW, so I know I will be leaving it in experienced and competent hands. I will continue working with parents and adolescents in my private practice in San Anselmo, and supervising interns at Suicide Prevention and Community Counseling, and at Spectrum. I look forward to remaining connected to CIP. I am also happy to announce that I will marry my fiancé, Carl Diehl, in September.

"Thanks to CIP for years of satisfying work with wonderful colleagues and interns."

(Please see Nancy's article on the Schools Project on page 12.)



Andrew Lamden, LCSW

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

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Gary Hoerber, MFT

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

DIRECTOR OF COUPLES THERAPY PROGRAM
Marianne H. Stefancic, MFT

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SUPERVISION FOR SUPERVISORS
Sarah Cirese, PhD, MFT

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

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CLINICAL STAFF (cont.)**Clinical Supervisors**

Kathleen Adams, LCSW
 Mary Jo Ahlborn, MFT
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 Paula Siegel, MFT
 Holly Seerley, MFT
 Joan Sommer, PhD
 Molly Merrill Sterling, PhD
 Ann Van Steenberg, MFT
 Karen Weinberger, LCSW

Intern-Therapists

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

CIP OFFERS LOW-COST PSYCH TESTING: A BENEFIT TO THE COMMUNITY AND TO PRE-DOC INTERNS

By Kenneth Pound, PsyD, Director of Doctoral Training

Among CIP's services that benefit the community is its low-cost psychological assessment (testing) program. CIP is unique among Marin County mental health agencies in offering psych testing at such a low cost to the consumer. Unfortunately, it is perhaps CIP's least understood program, as well as its best kept secret. Even many clinicians associated with CIP may not be fully aware of the benefits of psychological testing — a potentially enormously useful tool in differential diagnosis and treatment planning with difficult and confusing cases.



Ken Pound, PsyD.

Essentially a collection of complex and statistically-validated diagnostic tools, psychological testing can, in a relatively brief span of time, provide detailed information regarding clients' capacities for thinking and processing information, use and maturity of psychological defenses, emotional flexibility and level of coping, and a range of other important factors that may affect the type and duration of appropriate mental health services to be undertaken. It can even aid clients in determining what type of career choices might be most appropriate given their relative strengths or weaknesses.

"Of benefit to referring therapists is the reassurance that they are on the right road, or getting information that helps them modify their work with their clients," states Nancy Olesen, PhD, who, along with Dr. Marjorie Gans Walters, supervises the pre-doctoral interns who actually carry out the testing and report writing. "With some of the really difficult clients, it can give therapists a sense that they're less alone in trying to understand and work with these clients. The interns benefit as well because they obtain needed training and experience with assessment, which is harder to get these days given there are fewer opportunities available to them."

A number of useful diagnostic questions can be addressed using psychological testing. For instance, are a client's frequent loose associations or bizarre statements

(continued on page 8)

KEEP CIP IN MIND FOR REFERRALS TO COUPLES THERAPY

We have an extraordinary group of well-trained interns beginning couples therapy training and supervision this year. Our program focuses on attachment oriented treatment which integrates the developmental, object relations, differentiation and neuro-biological trauma and systems perspectives.

Therapy concentrates on helping conflictual couple relationships de-escalate the immediate crisis by slowing down the experiential process, understand the vulnerable feelings and traumatic states that drive the repetitive, ineffective, interactive patterns, and assess and integrate change processes and realistic self-supportive and empathic responses.

Intern-therapists receive excellent supervision from CIP's general program supervisors as well as in-depth supervision from the couples group supervision and training.

Couples receive therapy for very affordable rates.

Thank you for supporting CIP couples program to have a successful year!

— *Marianne H. Stefancic, MFT, Director of CIP Couples Training Program*

SEMINARS FOR PROFESSIONALS

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

WHAT IS HE THINKING? A NEW THEORY OF MALE SEXUALITY

with Michael Bader, DMH

Saturday, October 14, 2006, 9:00 AM – 4:00 PM

Limited to 100 participants

Male Sexuality is controversial and often misunderstood. Sexual preferences and fantasies in general arise as a solution to unconscious pathogenic beliefs that otherwise inhibit sexual desire. Men suffer from very particular forms of guilt and therefore generate particular types of solutions, including objectification, the splitting of sex and intimacy, and pedophilic interests. Political debates about the dangers of male sexuality tend to collapse the meaning of it into stark and moral black/white dichotomies which inhibit understanding. The purpose of this workshop is to correct this problem. The goal of this conference is to help participants better understand the psychodynamics of male sexuality in order to deepen their ability to help men suffering from conflicts in this arena and to help women better understand the sexual psychology of the other sex.

Psychologist and psychoanalyst **Michael Bader, DMH**, has been on the progressive edge of his own field, publishing a series of important articles that attempt to humanize psychotherapy and make it more practically effective without sacrificing depth. His groundbreaking essays in *Tikkun Magazine* analyze the intersection of psychology and politics. He is a founder of the Institute for Change, a leadership development organization aimed at progressive institutions.

CIP Members: \$100 if received by September 29, or \$120 late registration.

Non-members: \$120 if received by September 29, or \$140 late registration.

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

BODY AND MIND, LOVE AND LOSS: THE MEANING AND ASSESSMENT OF CRYING BASED ON ATTACHMENT THEORY AND RESEARCH

with Judith Kay Nelson, PhD

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

Limited to 100 participants

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

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

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

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

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

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

PSYCHOANALYTIC

COUPLE THERAPY

with Shelley Nathans, PhD

Saturday, March 10, 2007

9:00 AM – 1:00 PM

Limited to 100 participants

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



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

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

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

4 CEUs. (Submitted to MCEPAA for approval.)

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

Visit www.counselingcip.org

or call

(415) 459-5999 ext. 101

Space is limited!

STUDY GROUPS & CLASSES

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

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

Wednesdays, 11:00 AM – 1:00 PM beginning October 4, 2006
Limited to 8 participants

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 encountered in personality disorders, the lens of attachment allows us to reframe maladaptive defenses as clients' best attempts to cope with the emotional wounds of early dysfunctional relationships and trauma. Integrated with findings from developmental psychology and modern neuroscience, attachment theory guides us 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.

Linda Graham, MFT, conducts 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: \$200.

12 CEUs approved for MFTs and LCSWs and 12 CEUs approved by the MCEPAA for Psychologists. Certificate: \$5 MFT/LCSW; \$15 Psychologists.



FINDING MEANING IN PSYCHOTICALLY ORGANIZED MENTAL STATES: AN ANALYTIC VIEW

with Philip M. Alex, PhD

Fridays, October 13, 20, 27, 2006, 12:00 – 2:00 PM
Limited to 8 participants

This presentation series will address a central paradox encountered in working with delusional and other psychotically organized states of mind: how does one enter into meaningful relational contact with people whose condition communicates much to the symbolically attuned listener about their psychic injury and potential restoration, yet whose minds more or less disable them from thinking meaningfully or transformatively about themselves? Psychosis as an isolative/expressive dilemma linked to personal annihilation will be invoked to facilitate comprehension of seemingly incomprehensible experiences. The central objective will be to provide a depth-oriented analytic perspective on listening for meaning in psychotic conditions by which communicative and transformative bridges can be built – using symbolic and metaphoric understandings as guides — with severely disturbed patients who cannot psychologically tolerate symbolic reflection.

Philip M. Alex, PhD, has worked with severely disturbed patients from an integrative analytically informed depth perspective for over twenty years and is a senior staff psychologist at the Boyer House Foundation in San Rafael. He has taught psychopathology and lifespan development courses at JFK and Dominican universities, and is a former clinical supervisor and director of doctoral studies at CIP. Dr. Alex conducts a private psychotherapy and consultation practice for individual adults in San Rafael.

CIP Members: \$50; Non-members: \$60.

6 CEUs approved for MFTs and LCSWs and 6 CEUs approved by the MCEPAA for Psychologists. Certificate: \$5 MFT/LCSW; \$15 Psychologists.



VIEWING AND DISCUSSING

EMPATHY, A FILM BY AMIE SIEGEL
with Steven Frankel, MD

November 3, 2006, 6:30 – 10:00 PM

Note different location:
42 Oak Ridge Road, San Rafael

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*.

CIP Members: \$30; Non-members: \$40.

2 CEUs approved for MFTs and LCSWs and 2 CEUs approved by the MCEPAA for Psychologists. Certificate: \$5 MFT/LCSW; \$15 Psychologists.

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

Second Friday of each month beginning January 12, 2007
Noon — 2:00 PM
Limited to 20 participants

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



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

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

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

CIP Members: \$180; **Non-members:** \$200.
10 CEUs. Certificate: \$5 MFT/LCSW; \$15 Psychologists (submitted to MCEPAA for approval).

LANGUAGES OF THE HEART: POETRY, STORY, MYTHOLOGY AND THE REVITALIZATION OF THE TALKING CURE

with Gary Hoerber, MFT

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

Note different location: Town Center Community Room, Corte Madera



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

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

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

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

CLINICAL CONVERSATIONS

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

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

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

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

- *September 22: **Bonnie Weiss, MA, MSW** — *Internal Family Systems*
- October 20: *No meeting*
- November 17: **Deanna Reardon, PsyD** — *The Last Ten Minutes of the Hour: What Therapists Do Between Patients*
- January 19: **Stephen Schoen, MD** — *How DO Men and Women Do Therapy Differently*
- February 16: **Susan Diamond Moore, LCSW** — *A Not-So-Simple Twist of Fate: Wounded Healer Meets Wounded Patient*
- March 16: TBA
- 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 Sarah Cirese, PhD (415) 459-5999 x 303.

Continuing education for MFTs/LCSWs approved for 2 hours.

SUBMISSIONS WANTED!

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

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

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

To become a member, turn to the Application on page 11.

MALE SEXUALITY—WHAT IS HE THINKING?

by Michael Bader, DMH

Women's sexual needs are thought to involve meaning, while men are apparently obsessed with sex for its own sake. This stereotype is not only wrong but harmful. In fact, sexual desire in both sexes results from an unconscious process in which certain beliefs — for example, those connected to feelings of guilt, worry, shame, rejection, and helplessness — are counteracted. These beliefs and feelings inhibit sexual arousal and it's the job of sexual fantasies and preferences to temporarily overcome them. There are important differences in the libidos of men and women, but popular stereotypes do not capture them.

For example, both men and women unconsciously seek to overcome the inhibitory effects of guilt and worry in the bedroom. These affects are incompatible with sexual arousal. You can't get maximally aroused if you're too worried about hurting your partner, if you're too concerned about his or her inner life. Empathy can often enhance desire and satisfaction but the irony is that too much of it can eventually kill it. Sexual excitement requires the psychological capacity to symbolically "turn one's back" on the other and surrender to the mounting force of one's own internal sensations. In fact, the attunement that often accompanies long-term relationships often works against the differentiation necessary for maximum sexual arousal.

While beliefs and feelings involving guilt, rejection, or helplessness imperil sexual pleasure, the human imagination comes to the rescue. Sexual fantasies and preferences are unconsciously constructed in order to overcome these obstacles to arousal. For example, one patient of mine had sexual fantasies of being sexually dominated because such scenarios disconfirmed her pathogenic belief that they were too strong and could hurt men with the force of her sexuality. Another was compulsively drawn to

women with large breasts because they symbolized nurturance and negated his guilt about overwhelming women with his needs. And still another patient could only get aroused if he was having sex with a woman from the rear because eye contact invited too much intimacy and awareness of his partner's feelings.

"Empathy can often enhance desire and satisfaction but the irony is that too much of it can eventually kill it."

Men in our culture suffer from two interrelated problems. First, as boys, their separation/individuation process was burdened with their need to develop a masculine identity different from and in opposition to the gender of their mothers. For boys, separation and masculinity are so intertwined that the loss of one threatens them with the loss of the other. To the extent that masculinity in our culture is based on the negation of and devaluation of femininity, intimacy is especially dangerous. Boys grow up saddled not only with feelings of guilt about leaving their mothers and having successful and happy lives apart from them, but with the potential guilt about being a different gender — they feel guilty about hurting their mothers by being boys.

Second, men in our culture suffer from special feelings of disconnectedness and isolation that result not only from differences in their childhood development, but from the general celebration of male autonomy, independence, and stoicism.

In response to these special problems, male sexuality is shaped to provide special solutions. For example, some men paradoxically exaggerate their objectification of women. The unconscious logic is: *I don't have to worry about women because they're just*

things. Their attraction to prostitutes and pornography is often based on the unconscious inference that such women love nothing more than to make men feel good and, therefore, can't be hurt or otherwise have needs for which men would feel responsible.

The rise of Internet sex not only caters to a wide range of male fantasies but provides an intense connection to men who struggle with an interior sense of being cut-off and lonely. Our culture readily provides special sexual solutions to the special unconscious problems that guilt and disconnectedness pose to the male libido.

Michael Bader, DMH, will present a day-long seminar, "What Is He Thinking? A New Theory of Male Sexuality," on Saturday, October 14 at the Community Room, Town Center, Corte Madera. See page 5.

MEMBER NOTES & NEWS

Tom Thurston, MA, writes: I would like to announce the completion of my MFT hours and my private practice opening downstairs in Suite 102 in 1330 Lincoln Ave. I will be supervised by **Ruth Jaeger, LCSW.** My phone is (415) 419-3525.

From **Peter H. Coster, PhD, MDiv, MFT:** I am opening an office just down the hall from CIP and will begin seeing patients Wednesdays beginning in mid-July. Any referrals for relational psychoanalytic psychotherapy would be welcomed. (707) 780-1580.

Congratulations to **Kristi and Tye Hudson** on their new arrival. Kristi writes, "Our daughter Julia Kate Hudson arrived on June 10th at 11:51 AM. She is such a peaceful baby and we are so excited to have her in our lives."

(continued on page 8)

A Heartfelt Thank You to Our Donors (1/06-6/06)

Individual Donors

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MEMBER NOTES & NEWS

(CONTINUED FROM PAGE 7)

From **Mary Paige, PsyD**: I have been leading an unusual psychoanalytic reading group for the last 13 years and will have openings in September. We read one very challenging paper at a time and discuss it word by word. No one except me needs to prepare ahead as we only read while in the group. Meetings are in San Francisco Wednesdays from September and October, \$30 per session. For more information 415-771-8767 or email drpaige@pacbell.net.



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PSYCH TESTING (CONTINUED FROM PAGE 3)

a result of emotional flooding, situational stress, problems with information processing, or are they an indication of an underlying psychotic disorder or some type of brain injury? Or, why is it that a given client, who seems so smart, has such difficulty organizing the most basic aspects of his life? Could this be the result of a learning disability? Disorganized or psychotic thinking? Intrusive thoughts produced by PTSD? Or, what factors might be contributing to a client's mysterious depression? Although treatment alone might answer such questions, it rarely does so in such detail and so quickly.

Clients themselves might also have questions that could be usefully addressed through testing: "Should I go forward with this course of action?" Or, "why do I keep doing this? It doesn't work, but I keep doing it. What's that about?"

For questions regarding testing or for help formulating a useful referral question for testing, please feel free to call Deborah Berenholz, MA, CIP's designated psych testing coordinator, at 415-459-5999, ext. 451. She will be happy to assist you.

MEET KAREN KOSTER, IN HER OWN WORDS

BOARD NEWS

I officially joined the Board in April of this year. Past Board member Susan Lachtman recruited me. In particular, she thought my background in Marketing might prove helpful. I don't believe she realized at first how much I believe in CIP's cause. CIP's work is essential. It builds stronger communities and families. It lowers the crime rate and probably the homeless rate. It helps people get on their feet again. Most importantly, sound mental health should not just be for the rich.

Counseling is a subject very close to me as someone dear to me went through a very tough time. Because of her struggles, experience and eventual success, I feel I have a better understanding of the process.

I graduated from UC Berkeley with degrees in Economics and Psychology. While there, I helped reestablish a peer counseling group on campus. Later I received an MBA in Marketing from Northwestern's



CIP's newest Board member Karen Koster with Lindsey.

Kellogg School of Business. Currently, I am the Associate Marketing Director for Marin Theatre Company. It is a dream job for me as I love the arts, and the theatre in particular. I have been with MTC for over 5 years.

I feel my marketing background and education will be extremely helpful. Also, working for a non-profit, I am very familiar in regards to how they run. Besides helping

2006 CIP Board of Directors

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promote CIP and assisting Robin as I can with next year's Extraordinary Evening with the Arts, I would really like to see a half-time psychiatrist on board. The medications that are available now a days can be so helpful — crucial in some cases.

I share a condo in Sausalito with a Brittany dog, named Lindsey. I also enjoy the arts in general, the outdoors, and travel.

PERRY LITCHFIELD NAMED HONORARY CHAIR OF ANNUAL BENEFIT

CIP is proud to welcome Perry Litchfield, CEO of Bayside Marin, as Honorary Chair of the 13th annual Extraordinary Evening with the Arts to be held on April 14, 2007, at the Osher Marin Jewish Community Center in San Rafael. Perry, who will also serve as this year's Sponsorship Committee Chair, will be joined by an esteemed group of community and business leaders who work in partnership with CIP on the fundraising efforts that surround the event.

Perry serves on CIP's Board of Directors and is a generous supporter of the organization and the annual event. He founded Bayside Marin, the county's premier alcohol and drug recovery program in 2004. His business and civic experience is a true asset to CIP.

For more information on joining the 2007 Sponsorship Committee or sponsorship opportunities, please contact CIP Fund Development Director Tracey Davis at (415) 459-5999 ext 429.



Perry D. Litchfield, CEO, Bayside Marin.



Save the Date!

*Saturday,
April 14, 2007
6:00 - 9:30 p.m.*

*Thirteenth Annual
Extraordinary
Evening
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ON-SITE PROGRAMS

NEW PROGRAM PROVIDES PSYCHIATRIC SERVICES

New this year, sliding scale psychiatric services are available for CIP clients through the Marin Alliance for Psychiatric Services (MAPS), a collaboration of four partner agencies including CIP, Catholic Charities CYO, Family Service Agency of Marin, and Jewish Family and Children's Services. Ongoing clients who have been seen at CIP for at least three sessions can be referred for a medication evaluation and prescriptions to complement their ongoing therapy.

"This is a huge breakthrough in providing state of the art mental health services for Marin," states Executive Director **Dr. Robin Joy Berenson**. "CIP has struggled for years to obtain timely, affordable access to psychiatric services for our clients in need." Inauguration of the program in 2006 was the result of more than six years of coordination and planning by the four agencies, who came together as the Marin Mental Health Alliance in 1997.

EATING DISORDERS PROGRAM AT CIP

CIP offers comprehensive treatment for anorexia, bulimia, body image issues, compulsive eating and food-challenged individuals. Individual sessions help clients learn tools to reduce the anxiety that often fuels eating disordered behavior. Clients start to access a compassionate, solid framework supporting them to have all their feelings without using food or turning to the body obsession that tells them "You're never thin enough." Life becomes richer as food and body image addictions drop away. The self that may have been smothered many years surfaces and flourishes.

Clients are referred to nutritionists and physicians as needed. CIP therapists join with the treatment team tailored to the needs of each individual. Working with a nutritionist and physician, we facilitate changes to last a lifetime.

— *Thia Haselton, MFT*
Director, Eating Disorders Program

NEW ADULT THERAPY GROUPS

CIP's Adult Therapy Group Program, directed and supervised by **Gary Hoerber, MFT**, provide ongoing interactional group process for self-exploration and interpersonal learning. Clients find that being in a therapy group augments and accelerates individual progress. CIP psychotherapy group participants learn about their patterns of behavior and what they elicit in others, combined with the opportunity to practice new ways of relating to others.

For information as to groups currently available, please phone the Adult Group Therapy program at (415) 459-5999 ext. 450.

OFF-SITE PROGRAMS

EMBODY POWER PROGRAM STATEMENT

The EmBody Power Program, in collaboration with Beyond Hunger, provides Eating Disorder Prevention and Healthy Body Image classroom presentations and support groups for Marin middle and high school students. These presentations and support groups greatly reduce the risk of students engaging in harmful behaviors and attitudes. Students struggling with an eating disorder are given resources for additional assistance. Students who are concerned about friends receive information and guidance for help. Students who have negative body images begin to form more positive attitudes that avert future eating problems. The positive feedback we have received from students and school administrators tells us our efforts in all these areas are clearly making a difference.

— *Katherine Mapes-Resnik, MFT*
Director, EmBody Power Program

SUBSTANCE ABUSE

CIP's Substance Abuse Outreach Program makes available much-needed counseling services to people in our community who are struggling to overcome addictions. Currently, our

interns see dozens of individuals each month at the Helen Vine Detox facility, encouraging their sobriety and helping them make good choices about ongoing treatment. Because these clients are at such a critical turning point in their lives, this support offered to them is invaluable. We hope to expand our services to other facilities throughout Marin in the future.

— *Belinda Ryland, MFT*
Director, Substance Abuse Program

HOMeward BOUND OF MARIN THERAPY GROUPS

CIP interns lead both an adult group and a children's support group at Homeward Bound of Marin. These are an integral part of the family shelter program that helps families get jobs that can support their families so that they can move into permanent housing. The groups facilitate the process of reclaiming autonomy, reestablishing a sense of belonging and participation in the community, and learning new ways of communicating and parenting. Each year CIP interns bring their commitment, creativity and training to a placement that calls upon them to be flexible and adaptable in meeting the needs of an ever-changing population.

— *Delia Brinton, MFT*
Director, Homeward Bound Therapy Groups

RITTER CENTER PROGRAM

Directed and supervised by **Marilyn Mazer, MFT**, the Ritter Center Project provides counseling on-site on a drop-in and appointment basis to the homeless and near-homeless clients using support services at the Ritter Street facility in San Rafael. Counseling enables individuals to heal from trauma and overcome emotional problems in order to regain emotional well-being and stability. (Please see article, "CIP at Ritter Center: Something of Value" in *Community Notes*, March 2006.)

Community Institute for Psychotherapy

2006–2007 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.

CIP members receive discounted rates on all program events, free certificates for attendance at Clinical Conversations and listing in the Membership Roster. They can contribute to "Member News and Notes" and "Professional Insight," and participate in our Speakers Bureau.

Name _____

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, 2006

September 2006–August 2007 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], Share Your Healing Story, 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 "Alumni Notes" in quarterly newsletter)
- 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**



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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

THE SCHOOLS PROJECT: WHEN HEALING HAPPENS

by Nancy Gump, MFT

Directing the Schools Project at CIP for the past 5 years has been a wonderful time of learning for me, and I greatly appreciate the opportunity I have had to work with so many dedicated and competent interns. There are some constants I have observed over these years that I would like to share.

Most interns begin the year with some anxiety, particularly if they've not worked with children or adolescents before. The Schools Project is not an easy placement, and the anxiety is not unfounded. Often the children's problems are complex and unsolvable — parents with cancer, parents who have died, immigrant families divided by distance and poverty, or parents involved in nasty divorces. Sometimes the problems are based more in the child's own neurological makeup or from ADHD or learning disorders. Also, as interns begin the program, perhaps with expectations of a slow

start, they are often immediately met with urgent requests for help with a child from teachers, school staff or parents. They are looked to as experts when they feel like beginners. I think of the school placement as doing therapy in the trenches.

One of the hardest things interns must learn to do is to release the urge to fix and learn to simply be present. They must take hold of their own urgent desire to make things better, in order to learn more about who the child is. It looks like taking a step backward and doing nothing, and that is difficult. But this step backward often allows the child to step forward and show who he or she is; it offers a glimpse into his or her world, and the particular problems and struggles this child faces. And sometimes, even when the intern does step back, the child

remains closed and wounded. In cases like this, it is the intern's willingness to not give up on the relationship (or the child, who has often given up on himself) that makes the difference.

The counseling relationship changes both the intern and the child. Sometimes a child has a problem that actually can be fixed. Most often, the difficult life circumstances don't go away, but the intern finds a way to mirror the child's strengths and resiliency, to allow a different experience of self. When children feel better, they do better. As for the interns, they often discover that they actually enjoy working with children or adolescents.

Without exception the interns end the year respecting and caring deeply about their child and adolescent clients, and that is no small part of the healing that has taken place. When healing happens, it is a direct consequence of the quality of the relationship.