



COMMUNITY NOTES

DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

It's well known that many exciting and positive changes have occurred in the mental health field. As a training facility and clinic, CIP strives to incorporate and present this important information, strengthening its beneficial impact and the services we provide.

We know that community education and professional development are key strategies for the prevention and effective treatment of mental health disorders, helping to minimize the damage such problems can cause. So we are proud to announce our first conference designed for both the public — including families and educators — and professionals, “New Treatments, New Hope: Update for Families and Professionals on Treating Depression, ADHD, and Substance Abuse,” on November 10 at the Marin Center. Please read more about this exciting event on page 12 of this newsletter.

Ongoing professional education is also vital to better care for clients. This month, CIP begins its fourth year offering a full Professional Development Program of study groups, classes, and day-long seminars to keep mental health professionals abreast of the many exciting developments in the field.

Also this month, our 31st training year begins, a time of excitement and new possibilities. With 24 new and continuing intern-therapists, we have new spaces for clients, and welcome your referrals.

This year at CIP promises to be our most rewarding to date. Be sure to check our website www.cipmarin.org for updates on activities and events.

PROFESSIONAL DEVELOPMENT PROGRAM 2007-2008

It's here!

You'll find this year's line-up of our Seminars for Professionals, Study Groups, and Classes previewed on pages 4-6 of this newsletter. Demand will be high for these events, so be sure to sign up early!

CIP Members receive discounts on all programs and free certificates for attendance at our monthly Clinical Conversation, along with other benefits.

To renew your membership (or apply for a new membership) please turn to page 11 for this year's Membership Application Form.



Arlene Bermann, LCSW, presents a seminar on The Vulnerability of the Therapist in the Clinical Hour on Saturday, October 13.

NEW OPENINGS FOR REFERRALS

As the new training year begins, CIP welcomes referrals of individuals, couples, and families of all cultures, income levels, ability and sexual orientation. 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.

All services are offered on a sliding scale basis, and Medi-Cal is accepted. See more information on CIP programs on pages 3 and 10.

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STAFF

CIP is very pleased to welcome Dr. Paula Sitelman to our Clinical Staff. We asked Paula to write the following by way of introduction.

WELCOME TO A NEW CHALLENGE

By Paula Sitelman, PsyD

Except for a few brief months doing odd jobs during high school and college I have worked as a counselor and then psychologist my entire life. It has clearly been my calling, and I feel fortunate that I found a career I am passionate about. After completing my Bachelors degree in Psychology and Masters degree in Rehabilitation Counseling from the University of Pittsburgh, I returned to the city I was raised in, Philadelphia, to begin my career. I worked for three years in alcohol and drug rehabilitation in North Philadelphia, probably one of the most poverty stricken areas in the country. I worked with heroin addicts and end stage alcoholics. Once I overcame my fears, I learned what I believe is the most important lesson one can learn as a psychotherapist, to accept and understand our clients as the people they are, without judgment, and to believe in their ability to change and grow no matter how bleak their circumstances are, or what their diagnoses may be.

Ready for a new challenge, I began the doctoral program in Clinical Psychology at Hahnemann Medical College in Philadelphia. This program was the first APA accredited Psy.D. program in the country, and I was happy to be on the cutting edge of a new type of degree that prepared one to be a professional psychologist. To support my view that anyone can change and grow, I did my dissertation on "The Development of the Observing Ego: Its Utility as an Instrument of Change in Psychotherapy," because if we as therapists can align with this side of the client, we can enlist their help and work as a team to help them overcome the problems of their experiencing ego. From the jargon I just used it is clear that I was originally trained in psychoanalytic and psychodynamic theory. However, Aaron Beck was just around the corner at the University of Pa., so I also received a solid background in Cognitive Behavioral Treatment. My most recent orientation interest is Interpersonal Theory and I was happy to see Irv Yalom's book, *The Gift of Therapy* on the intern reading list, because I consider it a wonderful resource, and about as close as one could get to my own philosophies about psychotherapy.

When I moved to California in 1986, I began a 14 year job at Kaiser, San Francisco, in the Psychiatry Department, as a staff psychologist, and the chief of the chemical dependency team. I learned to treat the full range of psychopathological conditions in individual, group, and couples treatment. I also had the opportunity to supervise many pre-doctoral students over the years. Supervising interns became one of the most enjoyable experiences I had at Kaiser, which is why I am excited to begin this new position at CIP as the Director of the Pre-Doc program, and Assistant Clinical Director.

For the last seven years I have been exclusively in private practice in San Francisco and Corte Madera, which has given me the flexibility to be a good and available mom to my 13 year old daughter, Gena, one of my highest values. I have been married for 15 years to Gena's dad, Frank Topper, who is a consultant in the field of Organizational Development.

There are many advantages to having a private practice, but it can be a bit isolating. I am excited about this new opportunity for professional development as I embark on yet another challenge — working at CIP. I look forward to being part of a new community, to having the chance to teach and learn from my interns, and to having the intellectual, emotional, and spiritual stimulation I know I will give and receive at CIP. It is good to take on new challenges, so here I go!



Assistant Clinical Director and Director of Pre-Doctoral Studies, Paula Sitelman, PsyD.

CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR
Robin Joy Berenson, PhD, MFT

ASSISTANT CLINICAL DIRECTORS
Sarah Brewster, PhD, MFT
Eloise Rivera, MFT
Paula Sitelman, PsyD

DIRECTOR OF PRE-DOCTORAL STUDIES
Paula Sitelman, PsyD

COORDINATOR, CIP PROFESSIONAL DEVELOPMENT PROGRAM
Eloise Rivera, MFT

COORDINATOR, CLINICAL CONVERSATIONS
Grace Fisher, MFT

COORDINATOR, INTERN TRAINING PROGRAM
Paula Sitelman, PsyD

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Thia Haselton, MFT

DIRECTOR OF GROUP THERAPY PROGRAM
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DIRECTOR OF HOMEWARD BOUND PROJECT
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DIRECTOR OF RITTER CENTER PROJECT
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DIRECTOR OF SUBSTANCE ABUSE OUTREACH PROGRAMS
Belinda Ryland, MFT

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Art Raisman, PhD

SUPERVISION FOR SUPERVISORS
Sarah Brewster, PhD, MFT

SUPERVISION OF PSYCHOLOGICAL TESTING PROGRAM
Nancy Olesen, PhD

(continued on page 3)

CLINICAL STAFF (con't)**Clinical Supervisors**

Barbara Berman, PhD
 Arlene Bermann, LCSW
 Karla Clark, PhD, LCSW
 Laura Foster Collins, MFT
 Jacqui Coryell, PsyD
 Jane Cunningham, MFT
 Glenice Dunbar, MFT
 Noreen Dunnigan, MFT
 Gini Gardner, MFT
 Janet Gelatti, PhD, MFT
 Linda Graham, MFT
 Hollie Hannan, PhD, MFT
 Ondina Nandine Hatvany, MFT
 Sally Holland, PhD, MFT
 Wendy Homer, MFT
 Gretchen Hoskins, MFT
 Kathryn Hughes, LCSW
 Marj Hunt-Heinlein, MFT
 Marguerite Illingworth, MFT
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 Holly Seerley, MFT
 Pat Shelton, PhD, MFT
 Joan Sommer, PhD
 Molly Merrill Sterling, PhD
 Wendy von Wiederhold, PhD
 Karen Weinberger, LCSW
 Bryan Wittine, PhD, MFT

Intern-Therapists

Sandra F. Ally, MA
 Susan Baron
 Kellie Beals, MA
 Michelle Bullard
 Jim Burns, MA
 Jennifer Carri
 Cara deVries, MA
 Elizabeth Chapman Fox
 Beth Hayes, MA
 Ariella Heidecker, MA
 Margot Holdstein, MA
 Astrid Johnson, MA
 Kimberly Krochock, MA
 Wendy Labov-Dunne
 Cristina Marie Loree, MA
 Sasha E. Lustgarten
 Kay McNamara, MA
 Loi C. Medvin, MA
 Mytrae Meliana, MA
 Carol Michelson, MA
 Charles Murray
 Patrick Norton
 Laurie Pantell
 Elizabeth Schroeter

NEW CIP PROGRAM PARTNERS: CANAL ALLIANCE, MARIN YOUTH CENTER

As a grassroots, community-based organization, CIP plays a vital role in the Marin continuum of care, partnering with a diverse variety of organizations in order to more effectively deliver needed counseling and mental health services to vulnerable populations. We are very proud to announce two new partnerships in 2007-2008, with Canal Alliance (CA) and Marin Youth Center (The MYC), both located in San Rafael.

As most readers know, Canal Alliance is a community-based organization whose programs and activities, according to their mission, “work to prepare people to participate fully in economic, educational and political systems, and to be leaders, so that Marin may benefit from its diversity and be a more equitable county.” Marin Youth Center’s mission is to provide a “safe, fun space created by youth and adults, supporting the development of young people’s talents, potential, and leadership skills through a wide variety of opportunities.”

“CIP’s work with both of these effective organizations furthers our mission of reaching out to youth in our community,” states **Executive and Clinical Director Dr. Robin Joy Berenson**. “Adolescence is a very vulnerable time for individuals, a time when they face new challenges in school, at home, with peers.

“Counseling can make a huge difference for struggling teens. Being able to talk to a trusted adult about emotional concerns, family issues, school, social problems, and so on, can give them the support they need to make better choices for themselves. We know that how adolescents feel about themselves contributes to their ability to be engaged at school, with peers, and to enjoy healthy interactions and development.”

These programs, notes Dr. Berenson, also serve as prevention strategies for drug and alcohol abuse, truancy, and other acting out behaviors that can emerge if problems go unaddressed.

CIP’s other off-site programs include Ritter Center Program for homeless and near homeless individuals (1994), Homeward Bound Therapy Groups for Homeless Adults and Children (1994), the Schools Project for Disadvantaged Students at Risk in Marin public schools (1991), the Helen Vine Detox Program (2003), and Beyond Hunger/EmBODY Power (2005), an eating disorders awareness and counseling program for Marin middle- and high-schools. Such collaborative programs successfully leverage scarce community resources without duplication of services or added overhead costs.

CONFERENCE PROCEEDS TO BENEFIT MAPS

In 1999, CIP joined Catholic Charities CYO, Family Service Agency of Marin and Jewish Family and Children’s Services to form the Marin Mental Health Alliance. The Alliance participates in joint planning, problem solving, and initiatives to assure delivery of comprehensive services to disadvantaged, under-served populations in an effective, cost-efficient manner. In 2006, the Alliance launched the Marin Alliance for Psychiatric Services (MAPS), which provides medication evaluation and treatment for clients in therapy at one of the MMHA member agencies.

MAPS is designed to overcome the many barriers to quality psychiatric treatment for those in greatest need: barriers that too often result in critical treatment delays and poor outcomes, including reliance on more costly use of county crisis and emergency services, and psychiatric hospitalization, to say nothing of the suffering of the mentally ill and their families.

All proceeds generated by the November 10 conference, “New Treatments, New Hope: Update for Families and Professionals on Treating Depression, ADHD, and Substance Abuse” will go to provide services to low-income, high-risk uninsured clients in need of psychiatric evaluation and medications, who are without other access to such services.

SEMINARS FOR PROFESSIONALS

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

THE VULNERABILITY OF THE THERAPIST IN THE CLINICAL HOUR with Arlene Bermann, LCSW

Saturday, October 13, 2007, 9:00 AM – 3:00 PM

Kindness, genuineness, and curiosity are offerings we therapists happily make to our clients on the transformative journey. However, when we feel the shadow of our own vulnerability emerge with our clients, we unconsciously, reflexively maneuver to protect ourselves from vaguely anticipated dangers. This course will help participants to increase their understanding of the role of the therapist's vulnerability in clinical work, and facilitate use of this awareness to deepen the therapeutic process. Using didactic presentation and group discussion, and supported by the works of Stern, Bollas, Phillips, Trungpa and others, we will explore the challenges and opportunities presented by the therapist's vulnerability as it emerges in the clinical hour.



Arlene Bermann, LCSW, provides psychotherapy and consultation in her private practices in Marin and San Francisco, and as a member of the Psychiatry Department at Kaiser in South San Francisco. She teaches, lectures and consults widely, using psychodynamic and intersubjective approaches. Arlene developed expertise in intersubjectivity theory during years of study at the Institute for Contemporary Psychoanalysis North. She has a long-standing practice of Buddhist meditation and study which intersects with her analytic perspective.

CIP Members: \$75, or \$95 after September 28.

Non-members: \$100, or \$120 after September 28.

5 CEUs approved for MFTs and LCSWs, 5 CEUs approved by the MCEPAA for Psychologists.

TAMING THE BEAST — THREE PERSPECTIVES ON COUPLES THERAPY with Kristine Pfleiderer, DMH, Tim West, PhD and Rob Fisher, MFT

Saturday, January 26, 2008, 9:00 AM – 4:00 PM

Join us for an exciting and stimulating workshop on Couples Therapy. In the spirit of collaboration and curiosity, three couples therapists and teachers will present and discuss their different approaches. The workshop will help participants focus on what actually works in the difficult and sometimes overwhelming task of helping couples in distress. Tim West will present on Emotionally Focused Therapy and the Gottman Approach, Kristine Pfleiderer will present on a Psychoanalytic/Object Relations point of view, and Rob Fisher will present on an Experiential approach. We will highlight differences as well as similarities in the orientations.



In the morning we will summarize important concepts in assessment and intervention from each orientation. In the afternoon we will view and discuss video tapes of couples who find themselves in stressful situations, apply the concepts from the morning, and invite audience members to ask questions of the three presenters.

Kristine Pfleiderer, DMH, is a psychoanalyst and couples and family psychotherapist in Marin and San Francisco. She is a member of the clinical faculty at UCSF.

Timothy West, PhD is a couple specialist who has been in private practice in Marin County for over twenty years. He is the co-founder of the Marriage Clinic of Marin in Corte Madera, and a certified Gottman Couple Therapist.

Rob Fisher, MFT, is a psychotherapist, consultant and CAMFT certified supervisor in private practice in Mill Valley. He is an adjunct professor at JFK University and CIIS.

CIP Members: \$90, or \$110 after January 10.

Non-members: \$120, or \$140 after January 10.

6 CEUs approved for MFTs and LCSWs, and 6 CEUs submitted to the MCEPAA for approval.

INTEGRATING CONTEMPORARY INITIATIVES: THE PSYCHODYNAMIC DIAG- NOSTIC MANUAL, EVOLVING THEORY, AND THE CLINICAL IMPLICATIONS OF RESEARCH IN AT- TACHMENT, PERSONALITY, AND NEUROSCIENCE with Nancy McWilliams PhD

March 8, 2008,
9:00 AM – 4:00 PM

Note different
location: **Guzman
Hall, Dominican
University, San Rafael**



The Psychodynamic Diagnostic Manual construes psychological problems dimensionally and contextually rather than categorically. It addresses patients' subjective experiences (affective, cognitive, somatic, interpersonal) and the possible meanings of known syndromes. Rather than reifying psychopathologies in "disorder" categories, it conceptualizes psychological phenomena in adults, children, and infants as on a continuum from mental health to severe disturbance.

Dr. McWilliams will review the manual, describe the issues involved in its evolution, and relate its contents to clinical challenges familiar to practitioners. Case material will be included.

Nancy McWilliams, who teaches at the Graduate School of Applied & Professional Psychology at Rutgers, the State University of New Jersey, 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), all with Guilford Press, and is Associate Editor of the *Psychodynamic Diagnostic Manual* (2006). She is President of the Division of Psychoanalysis (39) of the American Psychological Association, Associate Editor of the *Psychoanalytic Review*, and on the editorial board of *Psychoanalytic Psychology*.

CIP Members: \$90, or \$110 after February 25.

Non-members: \$120, or \$140 after February 25.

6 CEUs approved for MFTs and LCSWs, and 6 CEUs submitted to the MCEPAA for approval.

STUDY GROUPS & CLASSES

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

THE PSYCHOANALYTIC MYSTICS: JUNG, BION, AND BEYOND with Bryan Wittine, PhD, MFT

Fridays, September 28, October 12, 26, November 9, 30;
9:30 - 11:30 AM



In a recent book, Michael Eigen coined the term “psychoanalytic mystic” to denote analysts who recognize a spiritual dimension of analysis and regard analysis as a spiritual path. Jung and Bion are two examples. Jung opened the door by suggesting we can be “released from the curse of pathology” if we attain to the “numinous” or spiritual ground of reality, while Wilfred Bion said we grow through exposure to “O,” the sign he used to designate the ultimate reality represented by terms such as absolute truth, the godhead, the infinite, and the thing-in-itself. Many contemporary post-Jungian and psychoanalytic therapists have also written on the intersection of analysis and mysticism. In this relaxed, informal setting, we will read passages from their writings aloud, allowing them to stimulate our own creative thinking and to provide us with openings for dialogue. As we read and contemplate together, participants might also feel inclined to discuss troubling cases. We might discover together fresh perspectives on our cases if, as therapists, we try following Bion's advice of opening our minds directly to “O” or to Jung's numinous ground.

Bryan Wittine, PhD, MFT, is a Jungian psychoanalyst and licensed marriage and family therapist in private practice in Mill Valley. He comes to his work following nearly 40 years as a student of esoteric, Buddhist, and Sufi teachers. He was also trained in contemporary psychoanalysis, existential-humanistic psychotherapy, and imago relationship therapy. The cofounder and former chair of the department of transpersonal counseling psychology at John F. Kennedy University, Dr. Wittine has published several papers and is at work on a book on analysis as a secular spiritual path.

CIP Members: \$150, or \$170 after September 14.

Non-members: \$200, or \$220 after September 14.

10 CEUs approved for MFTs and LCSWs, 10 CEUs approved by the MCEPAA for Psychologists.

Certificate: \$5 MFT/LCSW; \$15 Psychologists.

RELATIONAL RESONANCE with Linda Graham, MFT

Tuesdays, October 9, 16, 23, 30, November 6, 13;

11:00 AM – 1:00 PM

Relational resonance – feeling connected, felt, and known – is at the heart of any successful therapy and becomes the resilient base of any successful life. In this group, clinicians learn to discern their clients’ innate capacities for “feeling and dealing while relating,” as well as the defensive strategies that block or de-rail those capacities, through the lens of attachment theory guided by the latest research findings from developmental psychology and modern brain science. Clinicians re-frame the maladaptive patterns we encounter in personality disorders as their clients’ best attempts to cope with the emotional wounds of early dysfunctional relationships and trauma. Clinicians learn precise interventions, from the new attachment-based, emotion focused therapies, to quickly help clients regulate emotions more adaptively, relate authentically to self and others, repair failures of attachment and stabilize the internal secure base that accelerates the process of therapy and is the foundation of coping resiliently. Clinicians bring case examples to integrate these techniques of relational resonance, from AEDP for individuals, EFT for couples, DDP for children and families, into their ongoing clinical work.

Linda Graham, MFT, leads consultation groups on attachment, presents to professional organizations on the integration of psychology, mindfulness and neuroscience, leads workshops on the emergence of the Whole Self, and is author of the forthcoming *Creating Wisdom Together: Growing Up and Waking Up*.

CIP Members: \$180, or \$200 after September 25.

Non-members: \$240, or \$260 after September 25.

12 CEUs approved for MFTs and LCSWs, 12 CEUs approved by the MCEPAA for Psychologists.

Certificate: \$5 MFT/LCSW; \$15 Psychologists.



MINDFULNESS AND PSYCHOTHERAPY with Linda Graham, MFT

Tuesdays, February 5, 12, 19, 26,
March 4, 11; 11:00 AM – 1:00 PM

Clinicians are increasingly discovering the usefulness of mindfulness practices to strengthen clients’ capacities for self-awareness, self-reflection, self-acceptance and change. This course gives an experiential overview of integrating mindfulness into clinical work — for clients and for therapists. Didactics and readings explore important similarities and differences between the mindful awareness of Buddhist psychology and the observing ego of Western psychology. Case discussions and role plays help clinicians learn to use cutting edge techniques to incorporate mindfulness into their ongoing clinical work. Clinicians learn of the latest discoveries from modern brain science that validate the impact of mindfulness on brain functioning and thus the possibilities of therapeutic change.

Linda Graham, MFT, is an experienced psychotherapist, consultant and trainer with a full-time practice in San Francisco and Marin. She integrates 10 years of daily mindfulness practice into transformational depth psychotherapy. Linda leads ongoing consultation groups on attachment; presents to professional organizations on the integration of psychodynamic therapy, attachment, neuroscience and mindfulness; leads workshops on the emergence of the Whole Self; and is the author of the forthcoming *Creating Wisdom Together; Growing Up and Waking Up*.

CIP Members: \$180, or \$200 after January 22.

Non-members: \$240, or \$260 after January 22.

12 CEUs approved for MFTs and LCSWs, and 12 CEUs submitted to MCEPAA for approval.

Certificate: \$5 MFT/LCSW;
\$15 Psychologists.

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

Visit www.cipmarin.org

or call

(415) 459-5999 ext. 101

Space is limited!

CIP AT THE MOVIES: *FESTEN (THE CELEBRATION)*
with *Kenneth Pound, PsyD*

Friday, November 2, 2007; 6:30 – 9:30 PM
Note different location: 42 Oak Ridge Road, San Rafael

Festen (The Celebration) is an intensely dramatic film depicting the intricacy of family roles and the impact of family secrets in the lives of one Danish family. Brought together for a birthday party, we see this particular family's difficulties in experiencing both alive grief and true joy. It has become a suffocating unit, permeated with "ghosts." One individual's decision to speak openly about one of the most powerful "secrets" in the family threatens to undermine its current structural dynamics. Given the realistic but highly dramatic nature of the film, with its emphasis on family members' impacts on one another as well on the whole system, this becomes an excellent point of departure for discussing themes important to both psychoanalytic and family system therapists: the structural aspects of families, including family roles and configurations; the use of family secrets both to regulate emotional life and to solidify power within the structure; the impact and possible meanings of boundary transgressions; and the unconscious dynamics that have operated to create and maintain this particular family unit in its current configuration.

Kenneth Pound, PsyD, is a clinical psychologist in private practice in San Francisco and Oakland (Rockridge), specializing in mood and psychotic disorders, creative issues of artists, sexuality, couples therapy and the treatment of adolescent boys and girls. For the last two years he has been the Director of Doctoral Studies and a core staff member at CIP, has been an executive board member of NCSPP (Northern California Society for Psychoanalytic Psychotherapy), and a faculty member in New College's graduate psychology program. His article "Faustian, Not Fustian: A Failure of Mourning in Busoni's Opera *Doktor Faust*" will appear in the Fall 2007 edition of *Fort Da* (the journal of NCSPP).

CIP Members: \$30, or \$50 after October 18.
Non-members: \$40, or \$60 after October 18.
2 CEUs approved for MFTs and LCSWs, and 2 CEUs approved by the MCEPAA for Psychologists.
Certificate: \$5 MFT/LCSW; \$15 Psychologists.



CIP COUPLES STUDY AND CASE CONSULTATION GROUP

with *Marianne Stefancic, MFT*

Fridays (every other week) **March 21, April 4, 18, May 2, 16;**
1:30 – 3:30 PM

Note different location:
409 Forbes, San Rafael



The group focuses on attachment based treatment and integrates developmental, object relations, differentiation and neuropsychological trauma and systems perspectives. The participants will learn techniques to help conflictual couples de-escalate the immediate crisis, slowing down the experiential processes; understand the vulnerable feelings and traumatic states that drive the repetitive, ineffective, interactive patterns; and integrate change processes and realistic self-supportive and empathic responses.

Marianne Stefancic, MFT, is an experienced couples and individual psychotherapist. She directs CIP Couples Therapy Program and has been in private practice, supervised and taught for 25 years.

CIP Members: \$150, or \$170 after March 7.
Non-members: \$200, or \$220 after March 7.
10 CEUs approved for MFTs and LCSWs, and 10 CEUs submitted to the MCEPAA for approval.
Certificate: \$5 MFT/LCSW;
\$15 Psychologists.

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.

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

Fall Schedule:

*September 14: Alice Shela Treves, LCSW
October 19: Pat Saunders, MFT
November 16: Greg Smith, MFT
No December Meeting

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

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.

WHEN THERAPISTS CRACK

by Dan Quinn, PsyD

*Forget your perfect offering.
There is a crack, a crack, in everything.
That's where the light gets in.*
— Leonard Cohen, "Anthem"

The story goes that R.D. Laing was presented with a patient who had been sitting naked in a room for weeks, refusing to speak and fighting off attempts to dress him. Laing stripped off all his clothes and sat quietly beside the patient, and after a few minutes the patient began to speak to him.

Remarkable moments like this can "Crack" the status quo of the therapy and bring it suddenly to life. In my recent interview study of 30 therapists, most could easily remember a time when they had startled themselves with an intervention which turned out to be surprisingly effective. While awful damage can be done by a therapist's moment of carelessness, I focused on spontaneous moments that benefited the therapy.

In one such case, the therapist was an intern on an acute care psych ward when a woman was admitted after tearing apart her mother's cat and eating it. She was mute, straight-jacketed, and refused to eat. The intern waited until the middle of the night and snuck into her room. After repeated attempts to reach her failed, he climbed onto her gurney and, shouted into her face, "If you don't eat, they are going to send you to a mental hospital. You'll hate it there." He held an apple in front of her mouth. She hesitated. She took a bite. She began to chew. She was discharged a few days later.

Certain themes emerged from these tales: beneficial Cracks generally occur when the therapist feels stuck; the therapist is usually rebelling against something—often his own "psychoanalytic superego;" and what was done, while sometimes quite aggressive, was usually understood by both the



Dan Quinn, PsyD

therapist and client as a kind of radical joining, something the therapist was doing to aid the client and increase the intimacy between them.

Certain themes emerged from these tales: beneficial Cracks generally occur when the therapist feels stuck.

Another therapist told of a boy who refused to leave at the end of a session. "Sometimes it can be hard to leave," the therapist nodded quietly. "We can talk for another couple minutes." But when the boy continued to refuse to leave, the therapist began to sweat; his next session started in just several minutes. "Sometimes when young people have trouble leaving, I can help them."

"What would you do?" The boy asked curiously.

"I would just gently guide you by the arm," the therapist answered.

"What if I laid down on the floor?"

Cracks are often characterized by a tipping moment, and in this story, this is where that tipping moment happened for this therapist. He heard himself say, "Then I would drag you."

The boy lay down on the floor with a defiant gleam. The therapist opened the door, reached down to

grasp the boy around his chest and dragged him into the waiting room. By this time, they were both laughing, surprising the boy's waiting mother. She asked, "How was the session." The therapist calmly answered, "Oh, it was fine."

Sometimes Cracks are less dramatic. One therapist transformed the therapy simply by opening up the I Ching to a random page and reading the passage out loud to his patient.

Unbridled spontaneity in a therapist, of course, can be enormously dangerous. Fritz Perls was working with a man who steadfastly held that he couldn't feel anything, until Perls punched him in the face, knocking him down. "Can you feel that?" he demanded. But sometimes a client needs a therapist who can break the rules.

Dan Quinn, PsyD, has just ended his internship at CIP, and is working in private practice in Berkeley as a psychological assistant to Gilbert Newman, PhD.

MEMBER NOTES & NEWS

Jessica Reid Tsukahara, RN, MFT, is now licensed and in private practice with offices in San Rafael and Corte Madera. Home visits are available. She sees individuals, couples, children, and families. Her integrative approach includes Sand-tray Therapy, Art & Play Therapy, and EMDR.

Members: Do you have news to share? A new office? A new workshop or group? A forthcoming book? Personal news? Send your short notice to rjberensoncip@aol.com.

A Heartfelt Thank You to Our Donors (1/07-7/31/07)

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Benevolent and Protective Order of Elks,
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MEET LESLIE ISAAC, ADMIN MANAGER



Leslie Isaac is the “new” Office Manager at CIP, joining the agency at the end of January 2007.

Leslie brings with her extensive experience in Bay Area events, including: Event Production, Event Management, and catering for events both with her own company and with other well known Bay Area caterers. She worked with the Buddhist Peace Fellowship for 10 years and had the rewarding experience of producing both lectures and day-long retreats with the Venerable Thich Nhat Hanh.

Most recently, Leslie was working with Motema Music, a local Jazz label now based exclusively in New York City, where she served as the Office Manager and Event Manager, among many other responsibilities.

Leslie has a Bachelor's Degree in Social Work, and so is no stranger to working in a therapeutic environment. She is happy to be at CIP.

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.

WORKPLACE DONATIONS: STRETCHING YOUR CHARITABLE DOLLARS

by Lorn Dreitzler, President, CIP Board of Directors

What if you could double each dollar you donate, doubling the benefit to families and individuals in our community? Taking advantage of your employer's matching donor program is an easy way to do just that. More and more employers, large and small, are increasing their charitable giving through this simple means. This is good news when it comes to supporting your favorite nonprofit, like CIP.

CIP is also a United Way of the Bay Area Certified Community Campaign Agency (CCCA). You can designate CIP to receive your annual workplace campaign gift by writing "Community Institute for Psychotherapy" on the donation form.

At CIP, your charitable dollar has maximum impact in serving the needs of families, children, and adults. Our reliance on the expertise and volunteer services of more than 80 mental health professionals each year means CIP provides the best possible care for the lowest agency cost.

Your donation of: \$100 provides three weeks of counseling in the schools for a struggling child. \$150 provides six hours of counseling for a homeless individual hoping to turn her life around. \$250 provides 10 weeks of therapy to help a family in need to end conflict and provide for their children.

SAVE THE DATE

FOR YOURSELF AND YOUR FRIENDS
AT CIP'S ANNUAL GALA

Rock'n Rendezvous

SATURDAY, APRIL 19, 2008



Take a ride back to the nifty 50's at Checker's, Marin's exclusive destination, a private museum featuring rare and classic cars from 1924 to the present & highlighting great moments in automobile history.

What better setting to enjoy the rhythms of rock 'n roll by Stork Raving Mad, sipping cool martinis by Hangar One, enjoying fabulous hors d'oeuvres by Stacy Scott Fine Catering, and topping it all off with a good old fashioned ice cream fountain?

And don't forget the Live and Silent Auctions of Distinctive, Select items!

Don't be disappointed: tickets (\$125 each) are limited to just 200 reservations.

BECOME A SPONSOR!

As a Sponsor of our Annual Gala Fundraiser, you will have the satisfaction of knowing your support is helping individuals, healing families, and strengthening the community.

In addition, sponsors receive:

- Complimentary tickets to the event
- Listing in all press and publicity materials
- Display advertising in the Event Program Booklet
- Recognition the night of the event
- Acknowledgement in CIP's quarterly newsletter

For more information and a complete Sponsor Packet, contact Leslie Isaac at (415) 459-5999, ext. 101.

SPONSORSHIP LEVELS

| | |
|----------|-------------|
| \$20,000 | Rolls Royce |
| \$10,000 | Corvette |
| \$5,000 | Roadster |
| \$2,500 | Cadillac |
| \$1,000 | Studebaker |
| \$500 | '57 Chevy |

BOARD NEWS

2007 CIP Board of Directors

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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.

Our comprehensive services include individual psychotherapy for adults and children; couples and marital therapy; family therapy; crisis intervention; thorough assessments; client-centered treatment; group psychotherapy; play therapy; and career counseling.

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.

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.

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.

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.

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.

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.

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.

PROFESSIONAL DEVELOPMENT PROGRAM MEMBERSHIP BENEFITS

Community Institute for Psychotherapy (CIP) offers its Professional Development Program in which Bay Area mental health professionals, registered interns, and students can become non-voting members of CIP. The goal of the program is to provide opportunities to enhance personal and professional development, and create an ongoing supportive network.

Membership Rates:

\$50 Regular Member (Licensed Mental Health Professional)

\$30 Associate Member (Unlicensed)

Program benefits include:

- **CIP Seminars for Professionals:** All-day and half-day seminars presented by nationally recognized experts on important topics and issues (three per year). Special rates for members.
- **Advanced Case Conferences, Clinical Issues Seminars, Study Groups and Classes.** Special rates for members.
- **Clinical Conversations:** A monthly case conference with presenters. Free for members; \$5 for BBS CEU certificate for MFTs and LCSWs.
- **Members only:** Opportunity to place a notice in Membership Notes of CIP's quarterly newsletter, Community Notes.
- **Members only:** Listing in CIP's Annual Membership Roster (if registration and information received by September 15, 2007).
- **Members only:** Opportunity to present in CIP's Community Education Program, including CIP's Speaker's Series.

For more information or to be placed on our mailing list to receive materials, please contact the CIP Office at (415) 459-5999 ext. 101.

Community Institute for Psychotherapy

2007–2008 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]

_____ Date

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 September 15, 2007

September 2007–August 2008 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 _____ CID# _____

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 Annual Gala [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.cipmarin.org

NEW TREATMENTS — NEW HOPE

UPDATE FOR PARENTS AND PROFESSIONALS ON TREATING DEPRESSION, ADHD, AND SUBSTANCE ABUSE

Saturday, November 10, 2007, Marin Center, 10 Avenue of the Flags, San Rafael

Registration 8:30 AM; Presentations: 9:00 AM – 3:00 PM; Resource Exhibition: 8:30 AM – 4:00 PM

This one-day conference presented by CIP on behalf of the Marin Mental Health Alliance is open to the public (\$10 suggested donation) and to professionals earning CEUS(\$75). (Register at www.cipmarin.org). "New Treatments - New Hope" is made possible through the sponsorship of Benevolent and Protective Order of Elks, San Rafael Lodge #1108, in memory of Silvio H. Cheda; Janssen, L.P.; Marin General Hospital; Marin Community Mental Health Services, MHSA Family Education Fund; St. Joseph's Health System-Sonoma County; and Visions-Adolescent Treatment Centers.

Community Partners include the Marin County Board of Education, Community Mental Health Services of Marin, Marin Mental Health Board, Marin Interfaith Council, Marin NAMI, and CHADD of Marin.

Two separate programs will be offered, one for the public and one for professionals. Presentations will be:



"What to do? Treating Adolescents with Depression in the Age of the Black Box Warning." *Susan Smiga, MD*, Director of Children's Center at Langley Porter, UCSF.



"Attention-Deficit Hyperactivity Disorder: Causes, Theories, and Advances in Treatment." *Stephen P. Hinshaw, PhD*, Professor and Chair, Department of Psychology, University of California, Berkeley.



"Dual Disorders: Their Recognition and Treatment Options" and "Substance Dependence: Recognition and Treatment Options." *Scott Smolar, DO*, Director-At-Large, American Society of Addiction Medicine.

A one-hour presentation from Parent Education Network Student Panel will address the subject of ADD and ADHD.

The Resource Exhibition will offer related literature and information throughout the conference.

All proceeds from conference related sponsorship and CEU fees will benefit Marin Alliance for Psychiatric Services (MAPS). (See article on page 3.)

Advance registration required for all attendees.