



DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Today the Beatles' song titles, "Come Together" and "A Little Help from My Friends," seem more timely than ever. In light of restricted resources, financial confusion, and rising need among the struggling families and individuals we serve at CIP, coming together and friend helping friend makes more sense than ever.

On November 7, we invite the public and professional communities alike to come together for a conference of importance to all: "Raising Healthy Teens: Overcoming the Mental Health Challenges of the Transition to Adulthood." In a world that sees rapid change on an almost daily basis, gaining expert advice on how to keep our young people safe and on track for sound development is a priority of the highest order.

This event is very important for another reason: all of the proceeds will go to support sliding scale psychiatric and medication evaluation services for uninsured adults through the Marin Alliance for Psychiatric Services program. This innovative and highly successful program represents a major collaboration among CIP, Catholic Charities CYO, Family Service Agency of Marin, and Jewish Children and Family Services, a coming together to answer a critical need within the county for these too often difficult-to-access services.

Please read more about this very important event elsewhere in this newsletter. We hope you will tell your friends and neighbors and then join us on November 7.

"RAISING HEALTHY TEENS" CONFERENCE FOR PUBLIC, PROFESSIONALS



Marin County Superintendent of Schools Mary Jane Burke will deliver the keynote address at the "Raising Healthy Teens" Conference in November.

On Saturday, November 7, 2009, CIP on behalf of the Marin Mental Health Alliance will present "Raising Healthy Teens: Overcoming the Mental Health Challenges of the Transition to Adulthood," an all-day conference on mental health issues relevant to teens for families, other consumers, educators, and mental health professionals. The event will take place at the Marin Center (10 Avenue of the Flags, San Rafael) from 9:00 a.m. to 3:00 p.m. Two separate programs, one for the lay public and one for professionals earning CEU credits, will be presented. Each program will feature presentations by leading Bay Area experts. (See page 8.)

During the conference, which is free to the public, presenters will address a variety of topics, including the impact of Teenage Cyber Culture on adolescent mental health; how to identify compulsive addictions and change addictive thinking through Rational Emotive Behavior Therapy (REBT); and the proven strategies and methods to support the one-in-five adolescents with mental health conditions in the transition to adulthood.

The conference will open with a keynote address by Marin County Superintendent of Schools, **Mary Jane Burke**. A Resource Exhibition, open throughout the day, will offer information from participating organizations, including Corporate Sponsor **NAMI Marin**; Contributing Sponsors **Silvio H. Cheda Charity Trust** and **Visions Adolescent Treatment Center**; and Associate Sponsor **Ortho-McNeil-Janssen**; **Marin County Community Mental Health Services Division of Mental Health**; Community Supporters **Huckleberry Teen Health Program** and **Matrix Parent Network and Resource Center**; and Community Partners lending their names to the event, including the **Marin County Office of Education**; **CHADD of Marin**; **Marin Interfaith Council**; **Mental Health Board**; and **Parents Education Network (PEN)**.

All proceeds from conference-related sponsorships and CEU fees will go to support the Marin Alliance for Psychiatric Services (MAPS), a collaborative program of the Marin Mental Health Alliance that provides sliding scale medication evaluation and follow-up to low- and moderate-income uninsured adults.

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WENDY HOMER, MFT, JOINS CORE STAFF

Wendy Homer, MFT, is delighted to join the CIP staff as Assistant Clinical Director/Coordinator of Intern Training. Wendy was licensed as a Marriage and Family Therapist in 1979 and has been working in Marin County since that time. She was instrumental in developing the first county-wide response to domestic violence and was one of the first therapists to provide treatment to victims of intrafamilial sexual abuse and their family members through the Marin Child Sexual Abuse Treatment Program.



Wendy has been in private practice since 1984, working with children, adolescents and adults, individually, in couples and in family therapy. She specializes in post traumatic stress disorder, depression, and adoption issues, and draws on her experience as a Superior Court Family Mediator and Child Custody Evaluator to provide parent education and co-parent counseling for separating and divorcing couples. Wendy also specializes in working with children and adults who are impacted by ADHD.

This is the third year that Wendy has been an individual supervisor for CIP. "I have been so impressed by the level of knowledge and experience that I have seen in the interns at CIP. To become a therapist requires a special kind of dedication. One must be willing to sit with clients in the unknown, and to create a safe space for one's clients to discover and reveal the many facets of their true self. One must find the delicate balance of being present with his/her client without allowing that presence to interfere with the unfolding of the client's self-revelations. While this is the essence of therapy, interns are also learning about so many different theories and approaches and trying to integrate that information into their work. It is in helping interns to work with that interface of heart and mind, each in his/her own unique manner, that I am most excited, challenged and rewarded."

WELCOMING LORI SMITH-GILMOUR



I am excited and grateful to be joining CIP as the new Administrative Manager. My career spans 20 years across several industries, including insurance, health care and financial services. I was born and raised in the San Francisco Bay Area and received my BS degree in Human Resources and Organizational Behavior from the University of San Francisco.

A few years ago I became involved for the first time with a nonprofit agency, which was a community based care and support organization for seniors with dementia and Alzheimer's disease. I soon realized that my involvement in a nonprofit agency was the most rewarding experience of my career.

I now feel honored to have the opportunity to work for CIP, and join such a dedicated group that is committed to providing invaluable programs and services for individuals and families in our community in need of support.

CLINICAL STAFF

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ASSISTANT CLINICAL DIRECTORS
Wendy Homer, MFT
Paula Sitelman, PsyD
Karen Weinberger, LCSW

COORDINATOR, CIP PROFESSIONAL DEVELOPMENT SERIES
Karen Weinberger, LCSW

COORDINATOR, CLINICAL CONVERSATIONS
Karen Weinberger, LCSW

COORDINATOR, INTERN TRAINING PROGRAM
Wendy Homer, MFT

COORDINATOR, TRAINING FOR SUPERVISORS
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DIRECTOR OF ADULT THERAPY GROUPS
Lynn Ireland, PhD

DIRECTOR OF COUPLES THERAPY PROGRAM
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DIRECTOR OF PSYCHOLOGICAL TESTING PROGRAM
Nancy Olesen, PhD

SUPERVISOR OF PSYCHOLOGICAL TESTING PROGRAM
Marjorie Gans Walters, PhD

CIP WISH LIST

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

(continued on page 3)

CLINICAL STAFF (CON'T)

Clinical Supervisors

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Susan Steele, MFT
Molly Merrill Sterling, PhD
Steve Sultmeyer, JD, PhD
Priscilla Taylor, PhD, MFT
Donald Wallach, MFT
Stephanie Weissman, PhD
Bryan Wittine, MFT

Intern-Therapists

Debbie Bauer
Kim Belfor
John Brown
Marybeth Carter
Michelle S. Cilia
Amanda Beth Elder, MA
Elizabeth Franks
Rebecca Goettsche
Michael Grubb
Ginnie Hazlett
Brooke Jackson, MA
Wendy Labov-Dunne, MA
Susan Lourme
Alisa S. Mishayev
Joy Misra, MA
Bob Nemerovski, MA
Asya Pogodina
Shana Rassner, MA
Alexandra (Alex) Rothschild
Meire Santos
Catherine Shear, MA
Leslie A. Van Voorhees, MSW

CIP PROGRAMS OPEN FOR REFERRALS

CIP welcomes referrals of individuals, couples, and families for short- and long-term counseling and psychotherapy, adult therapy groups, and psychological testing. Our services are available on a sliding scale and Medi-Cal and other insurance are accepted. Call (415) 459-5999 ext. 102.

- Individual and Family Therapy
- Couples Therapy Program
- Eating Disorders Therapy Program
- Group Therapy Program for Adults (see below)
- Adult Psychological Testing

CIP's ADULT GROUP THERAPY: OVERCOMING ISOLATION

Lynn Ireland, PhD, CIP Director of Adult Therapy Groups

The experience of loneliness and disconnection from ourselves, others, and the world is one that plagues and creates illness for many people raised in Western societies. We are often taught that “rugged individualism” is a sign of strength, while dependence is a sign of weakness. The importance of nurturing relationships gets lost in a barrage of images about the “way to be” that leave very little room for authentic interconnectedness and appreciation of differences. One of the ways to break through the pain of alienation is through the discovery of a sense of belonging to something greater than our separate selves. One way for this to happen is through supportive group therapy.

Besides helping relieve individual suffering, groups can help members establish deeper connections with each other, based on mutual understanding and acceptance. And through these deeper connections comes the opportunity to develop compassion for oneself and others, which is at the heart of the healing of supportive group psychotherapy.

Relational Psychotherapy Group

Co-led by Pre-Doctoral interns Debbie Bauer, MA, and John Brown, MA; Supervised by Lynn Ireland, PhD, License # PSY10925.

This ongoing “Self-In-Relation” group is supportive, challenging, and interactive, providing a safe environment to discover and work through interpersonal issues. For men and women struggling with social isolation and difficulties connecting with others, the group will help clients learn to form and maintain healthy relationships and facilitate greater self understanding and improved communication skills, especially the ability to effectively express needs and feelings to others. Tuesdays, 6:00 to 7:30 p.m. Sliding scale \$15.00-\$25.00/ session. A ten-week initial commitment is required.

Parenting Support Group for Spanish Speaking Parents

Led by Meire Santos; Supervised by Lynn Ireland, PhD, License # PSY10925.

The focus of this group will be how to raise bi-cultural children in an American Culture; how to raise children in an American culture while having a Spanish Speaking and Latin culture at home and all the conflicts involved with that. The topics will include the parenting process, how to dialog with children, discipline issues, structure, and helping children with homework. Ongoing group; start date and time to be announced. A twelve-week initial commitment is required.

For information or registration, call (415) 459-5999 ext. 450.

PROFESSIONAL DEVELOPMENT SERIES 2009-2010

SEMINARS FOR PROFESSIONALS



To Cross or Not to Cross: Boundaries and Dual Relationships in Psychotherapy, a Multi Media Presentation
with Ofer Zur, PhD

October 17, 2009, 9:00 AM – 4:00 PM; Guzman Hall, Dominican University

CIP Members: \$100 or \$120 if received after October 2; Non-members: \$120 or \$140 if received after October 2



Inside a Child's Mind/Inside a Mother's Mind: A Psychoanalytic Exploration and Understanding of the Parallel Experiences of Step Parenting, Adoption, Foster Parenting and Biological Mothering
Implications for Treatment

with Dr. Barbara Waterman

January 16, 2010, 9:00 AM – 4:00 PM; The Creekside Room, Dominican University

CIP Members: \$100 or \$120 if received after Jan. 4; Non-members: \$120 or \$140 if received after Jan. 4



Working with Pathogenic Beliefs: A Powerful Method of Overcoming Impasses in Psychotherapy

with Irwin Gootnick, MD

March 13, 2010, 9:00 AM – 4:00 PM; Town Center, Corte Madera

CIP Members: \$100 or \$120 if received after February 26; Non-members: \$120 or \$140 if received after February 26

STUDY GROUPS & CLASSES



The Marin Psychoanalytic Forum: The Modern Approach for the Contemporary Practitioner

with Robert Waska, MFT, PhD, FIPA

Ongoing, Second Saturday of the Month; Saturdays, 7:00 – 9:00 PM

CIP, Suite 201, Group Room, \$30 per session



The Royal Road of Dreams

with Meredith Sabini, PhD, September 12, 2009; Barbara McSwain, LCSW & Meredith Sabini, PhD,

October 10, 2009; John Beebe, MD, November 14, 2009; Neil Russack, MD, December 12, 2009

Saturdays 10 AM - 2 PM

CIP, Suite 201, Group Room

\$100 per session; \$400 for series



The Neuro-Science of Attachment

with Linda Graham, MFT

Wednesdays, 10 AM – 12 PM; October 7, 14, 21, 28, November 4, 11, 2009

CIP, Suite 203

CIP Members: \$180 or \$200 if received after September 23; Non-members: \$240 or \$260 if received after September 23



Energy Psychology: Integrating Mind/Body Healing Practices to Enhance Psychotherapy

with Michael Mayer, PhD

February 6, 2010, 9:30 AM – 1:30 PM; Town Center, Corte Madera

CIP Members: \$60 or \$80 if received after January 22, 2010;

Non-members: \$70 or \$90 if received after January 22, 2010



Treatment Approaches Specific to Developmental Stages of Life Issues

with Ann Bernhardt, PhD

March 6, 2010, 9:00 AM – 1:00 PM; Town Center, Corte Madera

CIP Members: \$60 or \$80 if received after February 19, 2010;

Non-members: \$70 or \$90 if received after February 19, 2010



Every Problem Contains the Seed of Its Own Solution: The Clinical Implications of "Process Work"

with Lane Arye, PhD

May 22, 2010, 9:00 AM – 1:00 PM; Town Center, Corte Madera

CIP Members: \$60 or \$80 if received after May 7; Non-members: \$70 or \$90 if received after May 7

For complete information on all programs, to become a member, or to register, please go to www.cipmarin.org.

AN EXCERPT FROM "TO CROSS OR NOT TO CROSS: DO BOUNDARIES IN THERAPY PROTECT OR HARM?"*

By Ofer Zur, Ph.D.

Psychologists have been inundated with unequivocal messages about the depravity of boundary crossings and dual relationships in clinical practice. From graduate courses and texts on ethics, to continuing education workshops on "Risk Management," to attorneys' advice columns, we have been warned never to leave the office with a client, to be very careful about gifts, never to socialize with clients, to avoid bartering and to limit physical contact to a handshake or a pat on the back. We have also been cautioned that boundary crossings are likely to lead us down the slippery slope to exploitive sexual relationships. Boundary crossings and dual relationships have often been labeled unethical and often used synonymously with exploitation and harm.

This article will attempt to shed light on the complexities of boundary crossings and will clarify the relevant ethical and clinical concerns. It will distinguish between harmful boundary violations, beneficial boundary crossings and unavoidable or helpful dual relationships. Most importantly, it will suggest ways to increase clinical effectiveness by appropriately incorporating beneficial boundary crossing interventions into our clinical practices.

Defining Boundaries

Boundary issues mostly refer to the therapist's self-disclosure, touch, exchange of gifts, bartering and fees, length and location of sessions and contact outside the office (Guthiel & Gabbard, 1993). Boundary crossing in psychotherapy is an elusive term and refers to any deviation from traditional analytic and risk manage-



ment practices, i.e., the strict, "only in the office," emotionally distant forms of therapy (Lazarus & Zur, 2002). Dual relationships refer to situations where two or more connections exist between a therapist and a client. Examples of dual relationships are when a client is also a student, friend, employee or business associate of the therapist.

While most analysts, ethicists, attorneys and "experts" may use a broad brush in describing boundary issues, it is important that psychologists differentiate between harmful boundary violations and helpful boundary crossings. A boundary violation occurs when a therapist crosses the line of decency and integrity, and misuses his/her power to exploit a client for the therapist's own benefit. Boundary violations usually involve exploitive business or sexual relationships. Boundary violations are always unethical and are likely to be illegal. However, boundary crossings are often part of well-constructed treatment plans and, as such, they can increase therapeutic

effectiveness (Lazarus & Zur, 2002). While all dual relationships involve boundary crossing, exploitive dual relationships are boundary violations. Obviously, not all boundary crossings are dual relationships.

Beneficial Boundary Crossings

While from the analytical point of view almost all boundary crossings are detrimental to the transference analysis and the clinical work, behavioral, cognitive-behavioral, Rational-Emotional, humanistic, existential, group, feminist, Ericksonian and family system psychotherapies often endorse many forms of helpful boundary crossings (Lazarus, 1994; Williams, 1997). Additionally, boundary crossing, when executed with the clients' welfare in mind, is likely to enhance therapeutic alliance, the best predictor of therapeutic outcome.

*Source: Zur, O. (2004). To Cross or Not to Cross: Do boundaries in therapy protect or harm. *Psychotherapy Bulletin*, 39 (3), 27-32.

Ofer Zur, PhD, is an ethics consultant and clinical psychologist in private practice in Sonoma, CA, as well as an academician, forensic consultant, author and APA fellow. Dr. Zur has been a leading advocate in helping mental health professionals to reexamine rigid and fearful risk management practices, moving them towards more fluid, practical and effective approaches to therapeutic boundaries.

Dr. Zur will offer a day-long seminar, To Cross or Not to Cross: Boundaries and Dual Relationships in Psychotherapy, a Multi Media Presentation, on October 17, 2009 (see opposite page).

A Heartfelt Thank You to Our Donors (1/09 – 7/16/09)

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Raising Healthy Teens

National Alliance on Mental Illness (NAMI), Marin



Silvio H. Cheda Charity Trust/San Rafael Elks
Lodge #1108

Visions Adolescent Treatment Center



Ortho-McNeil-Janssen



Marin Community Mental Health Services, MHSA
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CLINICAL CONVERSATIONS

Third Friday of the Month

10:00 AM – 12:00 PM

CIP, 1330 Lincoln Avenue, Suite 201,
San Rafael

Clinical Conversations offers clinicians a monthly forum for exploring the more intriguing and perplexing—and often less talked about—aspects of our work. It is 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.

CIP Members: Free

Non-members: \$15

MFT/LCSW CEUs \$5

2 CEUs per session approved for
MFTs and LCSWs.

September 18, 2009: *Treatment
Issues and War and Torture Trauma*
— Gerald Gray, LCSW

October 16, 2009: *Whole Person
Approaches to Working with Trauma:
Posttraumatic Growth, a Multi Media
Presentation* — Ilene Serlin, PhD,
ADTR

November 20, 2009: *The Therapist's
Grief: Outside the Box?* — Carol
Saturansky, PhD

January 15, 2010: *Countertransference
in a New Key: The Neuroscience
of Affect, Attachment and Counter-
transference, a multi-media presenta-
tion* — Laura Schwartz, LCSW

February 19, 2010: *Topic TBA*—
Jane Rubin, PhD

March 19, 2010: TBA

April 16, 2010: TBA

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

SAVE THE DATE!

CIP SPRING GALA

TICKET TO RIDE

MAY 15, 2010

WELCOMING NEW BOARD MEMBER VICKY SMIRNOFF

Vicky joined the board in November of 2008 and is a Marketing and Development Consultant. She supports local nonprofits in Mission/Vision/Values clarification; organizational storytelling; raising organizational impact awareness; and developing powerful, heartfelt messages to inspire stakeholders and funders. She works with Board Members, leadership and staff to develop fundraising campaigns, community outreach programs, events, etc., that will not only achieve results today, but also serve as a foundation for future volunteer recruitment and fund development as the economy recovers.



Vicky started her career in the corporate arena then co-founded and led The Northgate Telecom Group for 14 years. She reached a point in her career when she needed to feed her soul as well as her pocketbook and entered the nonprofit sector as Director of Development and Communications for Marin Services for Women. When she was laid off due to the economic downturn, she began helping other organizations who had downsized their staff but still needed marketing and development project management.

Vicky grew up in San Rafael and has a lifetime of commitment to Marin issues and organizations. She has owned two businesses, worked as a nonprofit executive, and has been active in the community since high school. In addition to serving as a board member for CIP, she co-chaired the Terra Linda High School Class of 1977 reunions, is a past president of The Rotary Club of Terra Linda, graduated from the San Rafael Chamber's Leadership Institute, has just joined the Economic Development and Affordable Housing Committee, graduated from the Center for Volunteer and Non Profit Leadership's Emerging Leaders Program, is a member of Marin Interfaith Council, Development Executives Roundtable, Wednesday Morning Dialog, and participates in a host of other community based organizations.

OPPORTUNITY TO BENEFIT CIP

Good news! Wells Fargo has created a win-win program for supporters to benefit CIP. You can achieve your homeownership goal, and help make a positive difference. The **Sharing Advantage®** program enables you to support CIP at no cost to you. When you close a purchase or a refinance loan with Wells Fargo Home Mortgage, just mention "Sharing Advantage" and CIP will receive a \$300 contribution! This money does not come from the transaction itself, costing you nothing extra. Very simple!

Call upon the strengths and resources of one of the nation's leading retail mortgage lenders. With Wells Fargo's **Sharing Advantage** program, charity really does begin at home!

For more information, contact Millie Anderson, Wells Fargo home mortgage consultant at (415) 461-3938.

CIP Board of Directors

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GALA VOLUNTEERS NEEDED!

CIP is looking for volunteers for our 2010 Gala Sponsor and Auction Committees. Here's an opportunity to get together with others in your community for networking, fun, and a very good cause!

Please join us for a Get Acquainted Reception at the Westend Café, located on Fourth Street in San Rafael on Wednesday, September 16, from 5:00 to 7:00 PM.

Enjoy delicious refreshments and learn more about CIP's crucial services and how you can help!



COMMUNITY INSTITUTE FOR PSYCHOTHERAPY
 1330 LINCOLN AVENUE, SUITE 201
 SAN RAFAEL, CA 94901-2141
 (415) 459-5999

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WHO WE ARE

Community Institute for Psychotherapy (CIP) is a nonprofit, tax exempt center founded in 1977 to provide high-quality, low-cost counseling and psychological services to individuals and families who don't have the resources to pay full fees for professional help. CIP offers a full range of services designed to meet a variety of needs.

We at CIP believe that through psychotherapy, training, education, and prevention, we have a vital role to play in personal and global change. We believe the healing of the individual and the healing of the planet are inseparable.

Our work is accomplished in cooperation and coordination with a wide variety of public and private agencies and individuals throughout Marin County.

Visit us at www.cipmarin.org

**COMMUNITY CONFERENCE ON
 "RAISING HEALTHY TEENS"**

(CONTINUED FROM PAGE 1)

Conference Presentations



Presenter: Joanie Gilispie, PhD, Faculty, Berkeley City College, Dominican University, and UC Berkeley Extension

Presentation for the General Public and Clinicians:
"Crossing the Street in Cyberspace: How Families Can Be Safe in the Digital Culture"



Presenter: Michael A. Freeman, MD, author, psychiatrist and clinical psychologist, Associate Professor of Psychiatry at UCSF School of Medicine.

Presentation for the General Public:
"How to Help Vulnerable Students Navigate the Course from High School to College"

Presentation for Clinicians:
"First Break in Adolescence: How to Anticipate the Onset and Contain the Impact of Serious Mental Illness"



Presenter Michael R. Edelstein, PhD, author of the award winning *Three Minute Therapy*, specializing in the treatment of anxiety, depression, relationship problems, and addictions.

Presentation for the General Public:
"Teens, Drug Use, and Rational Emotive Behavior Therapy (REBT)"

Presentation for Clinicians:
"A Rational Emotive Behavior Therapy (REBT) Approach to Addiction"

Teen Panel: Marin Teen Mental Health Board

Students will offer a one-hour panel discussion about their experiences and solutions on the subject of Internet Safety and Risk, and the personal challenges they face as teens with mental health disorders.

Admission free to the public (\$10 suggested donation).

Fee for professionals: \$75 if reservation received prior to 10/23/09 or \$95 thereafter. Five CEUs approved for MFTs and LCSWs and five CEUs approved by the MCEPAA for Psychologists.

Preregistration required. For more complete program information or to register, visit our website www.cipmarin.org or call (415) 459-5999 x101.