



# COMMUNITY NOTES

Community Institute for Psychotherapy ♦ San Rafael, California ♦ Vol. 28, Number 1

January 2019

## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

In our ongoing work strengthening and healing families, couples, and individuals, CIP addresses the needs of the community in many ways. Certainly a primary emphasis is

assuring that our quality, comprehensive psychotherapy and counseling is accessible and affordable to all, especially the most vulnerable.

In addition, we emphasize early intervention in such programs as our Adult Therapy Groups and school-based Wisdom Warriors Groups, which provide the safe space to explore and develop interpersonal skills, coping strategies, and one's own resilience.

Additionally, we know that education and information are vitally important in problem prevention. Promoting health and resilience in individuals, and preventing a minor upset or difficulty from escalating into a serious problem can save untold distress for individuals and their loved ones.

This is the purpose behind our annual *Raising Healthy Families* community education program. This year, we will offer three events, each a 2-hour presentation, for parents, educators, and other community members on challenges confronting young families today: "Teen Cannabis and Alcohol Use: What Parents Can Do," "Embodied Resilience: Mindfulness for Challenging Times," and "Raising Boys to be Heroes in an Age of Villains." Read more on page 5 of this newsletter.

From our *Raising Healthy Families* events, to our Professional Development Program, ongoing Adult Therapy Groups, our work in the schools, and year-round clinical services, we look forward to serving the Marin community in 2019.

January 1, 2019

Dear Friends:

In recent months, the impact of mental health and illness has sparked a national dialogue. We at CIP welcome the opportunity to underscore the essential message that underlies CIP's mission:

**In healing individuals and helping families, we improve schools, neighborhoods and workplaces. Like a pebble in a pond, the benefits ripple outward, strengthening our community, making it safer, healthier for all.**

For more than 40 years, CIP's sliding scale and pro bono services have held out the safety net for Marin residents in need of care but unable otherwise to afford it. Each year, we help hundreds of people at our clinical offices, students in public schools, as well as the homeless, those in recovery, and seniors through our partnering agencies.

**We also know that our work is not just for the present, but for the future as well: By enabling parents to provide healthier, more nurturing homes, we improve the lives of their children, and the adults and parents those children become.**

Today, in Marin, we see that emotional stress and mental disorders are more severe and widespread than ever before. Income inequality, government policies, and other stressors affect more families each year. At the same time, ongoing challenges to the nonprofit community have meant there are fewer and fewer outpatient services available to meet this crucial need.

**Donations from the community by people like you make our work possible. We would not be able to provide our services and community outreach without you.**

Please help us continue to make life-changing, life-saving differences for the most vulnerable in our community, an investment in today, tomorrow, and years to come.

Thank you for your thoughtful consideration.

Sincerely,

Sharon Delfino Green, Esq.  
Chair, 2018 Giving Campaign  
CIP Board of Directors

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# WELCOMING LAUDENE (DEE) TRESHNELL, LMFT

## DIRECTOR OF GROUP PSYCHOTHERAPY



I am excited by the opportunity to be part of the CIP team and am enjoying my role as supervisor for intern-therapists engaged in group therapy at CIP. I have found the intern-therapists with whom I work to be impressive both in therapeutic skills and in the positive regard they have for their clients. The staff and administration at CIP have been welcoming, supportive and inclusive.

I am currently in private practice in my hometown of Mill Valley, with an emphasis on adolescents, families, and groups for teens. I have thirty years of combined experience in education, private practice, school counseling, and mental health program development in schools, and as a parent speaker. Additionally, I have taken the role of co-chair of Marin CAMFT's Trauma and Disaster Response Team, and am a mentor in Tam High School's program, Powerful Beyond Measure, which educates and empowers under-represented girls from the Bay Area to become leaders in their communities.

My education includes primary and secondary education credentials and a Master's in Marriage and Family Therapy as well as Pupil Personnel Services (school counseling). I continue to enjoy and benefit from ongoing education and training in the mental health field. While psychodynamics feels like home base to me, I have additional training in EFT, CBT, and Trauma-related therapy. My areas of expertise include depression, anxiety, social interactions, and life transitions for individuals, young adults, as well as support for parents.

Along with my career path in education and mental health, I enjoy painting, writing, exploring the natural beauty of our state and traveling to other countries. I am a firm believer in the healing power of nature and the positive shift of mind and heart that occurs when we experience other countries, communities and cultures.

Best wishes to all in the New Year!

## ADULT THERAPY GROUPS

Sliding scale. For more information contact (415) 459-5999 ex 450.

### Practical Strategies for Coping with Relationships and Everyday Life

- \* Develop a better understanding of yourself, your thoughts, and your emotions.
- \* Learn to be more present in your life.
- \* Develop a tool box of strategies to reduce depression, anxiety, and any other symptoms that you may struggle with.
- \* Learn new ways to manage difficult feelings and distress.
- \* Explore and learn in a safe and supportive group setting.

### Support for the Challenges of Being a Man, Partner and/or Father

- \* Join other men to discuss life's challenges.
- \* Develop new skills to help bring about well being.
- \* Learn from other men.
- \* Offer Your Knowledge Regarding Insight and Inner Strength.

## CLINICAL STAFF

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*(continued on page 3)*

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Karen Weinberger, LCSW  
Amy Wilner, PsyD

### Intern Therapists

#### Practicum Students

Yoika Danielly  
Eric Hanley, MA  
Samuel Hinds, MA

#### MFT Trainees

Nalini Calamur, MA  
Lorena Cervantes, MA  
Simon Hara  
Paul Taruskin

#### Registered AMFTs

Louise Franklin, MA  
Casey Hineline, MS  
Robert Jackson, MA  
Renee Jeffrey, MA  
Cindy Jepsen, MS  
Charlie Mandell, MS  
Maria Narayan, JD, MA  
Darshana Weill, MS

#### Pre-Doctoral Students

Inka-Khristiina Hanhivaara,  
MSc, MA  
Kelsey Hippen, MA  
Paul Kiritsis, MA  
John O'Brien, MA

#### Post Doctoral

Lena Grintsaig, PsyD

# CIP — A WELCOMING, HEALING PLACE



For more than 40 years, CIP has provided quality counseling and psychotherapy on a sliding scale basis. We help clients articulate and realize the vision of the lives they want to live, and so enjoy a healthier, better tomorrow.

We know that the key to healing lies within the individual. Our long- or short-term therapy enables clients to make the changes they need to overcome problems and discover personal strengths, reestablish emotional well-being and self-sufficiency, and achieve their goals — to return to school, find a job, or build better relationships.

CIP is a welcoming place, serving people of all ages, backgrounds, religions, sexual orientations, and physical abilities. Spanish speakers are available. Our offices are wheelchair accessible. We accept MMHS MediCal and Partnership Health/Beacon. Referrals are welcome.

## STORIES OF HEALING

### Melanie's Story: "My future belongs to me."

Melanie came to CIP feeling helpless after her relationship of five years began to fall apart. She believed that she and her partner were meant to spend their lives together. Striving to keep the relationship alive, she had accepted her partner's substance use, even as she became more unhappy about the lack of intimacy between them.

Working with her intern-therapist, Melanie slowly came to recognize the deep emotional needs she had discounted in this relationship, and for much of her life. She began creating healthy boundaries around her partner's behaviors. Taking action on her own behalf allowed her to regain confidence in herself and contemplate new possibilities in her life. When her partner refused to stop his substance use, Melanie ended the relationship. Although she felt grief, she emerged feeling stronger and more hopeful about the future.

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*"She emerged feeling stronger and more hopeful about the future."*

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### Jim's Story: "I finally feel okay about being me."

Jim had realized he was gay in 5th grade, and had grown up afraid of being targeted for humiliation and bullying. In young adulthood, he lived as a straight man, in and out of a few short-lived relationships. By the time he entered his 30s, the costs of living inauthentically left him feeling hopeless and lonely. He sought help from CIP as he was beginning to contemplate suicide as a way out of his emotional pain.

Working with his intern-therapist, Jim opened up about his story, his doubts about himself, about the childhood experiences that had instilled fear in his young psyche and that still pervaded his feelings about sexual identity. Week by week, Jim worked with his intern-therapist to pull apart the emotional knots that had formed over the years. Gradually, Jim began developing the capacity to accept himself, to reach out to the LGBT communities and access support. In the months that followed, he came out to his family and friends, feeling safety and trust in relationships for the first time.

### Kevin & Elena's Story: "The Love Beneath It All."

Kevin and Elena had been together for 12 years when they came to CIP. They had enjoyed laughter and connection in their early years, but recent years had been strained. With intense work schedules they grew further and further apart, an emotional distance punctuated by intense arguments that were becoming more and more frequent.

*(continued on page 6)*

# PROFESSIONAL DEVELOPMENT SERIES 2017-2018

## SEMINARS FOR PROFESSIONALS

6 CEs for LMFTs & LCSWs and 6 CEs for Psychologists

CIP Member Rate: \$75 early registration, up to 10 days prior to seminar, \$85 after

Non-member Rate: \$110 early registration, up to 10 days prior to seminar, \$120 after

Unless otherwise noted, all seminars held at Embassy Suites, 101 McInnis Pkwy, San Rafael

### CHANGING TIMES—NEW DEVELOPMENTS IN LAW AND ETHICS FOR THE MENTAL HEALTH PROFESSIONAL



Presented by Daniel O. Taube, JD, PhD

Saturday, January 19, 2019

9:00 am – 4:00 pm

### NEURO-DEVELOPMENTAL ART THERAPY: TREATING COMPLEX TRAUMA



Presented by Linda Chapman, MA, ATR-BC

Saturday, April 6, 2019

9:00 am – 4:00 pm

## CLASSES

4 CEs for LMFT & LCSWs and 4 CEs for Psychologists

CIP Member Rate: \$50 early registration, up to 10 days prior to class, \$60 after

Non-member Rate: \$75 early registration, up to 10 days prior to class, \$85 after

Unless otherwise noted, all classes held at CIP, 1330 Lincoln Avenue, San Rafael

### WHAT'S YOUR GENDER? GENDER AFFIRMATIVE MODEL FOR WORKING WITH TRANSGENDER AND GENDER EXPANSIVE CHILDREN AND YOUTH



Presented by Diane Ehrensaft, PhD

Saturday, March 23, 2019

10:00 am – 2:00 pm

### THE EMOTIONAL TRUTH OF THE MOMENT: THE POWER OF EXISTENTIAL-ANALYTIC PSYCHOTHERAPY



Presented by Stephen H. Sultmeyer, JD, PhD

Saturday, May 18, 2019

9:00 am – 1:00 pm

Community Institute for Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. Community Institute for Psychotherapy maintains responsibility for these programs and their contents.

Cancellations must be received in writing 10 business days prior to the seminar or class for a refund minus a \$25 cancellation fee.

## REGISTER ONLINE!

Visit our new website at [www.cipmarin.org](http://www.cipmarin.org) to:

- Register for *Raising Healthy Families* Education Events and Professional Development Programs.
- Request an intake appointment.
- Learn about our comprehensive services.
- Browse our extensive Education and Prevention materials, including our “Checklists for Health.”
- Make a donation.
- Find community resources and other valuable information.
- View past issues of *Community Notes*.

And more . . .

## Support CIP!

*AmazonSmile* is a simple and automatic way for you to support CIP every time you shop, at no cost to you.

When you shop at [smile.amazon.com](http://smile.amazon.com), you'll find the exact same low prices, vast selection and convenient shopping experience as *Amazon.com*, with the added bonus that Amazon will donate a portion of the purchase price to support our work in the community.

Visit [smile.amazon.com](http://smile.amazon.com) to learn more!



## 2019 RAISING HEALTHY FAMILIES COMMUNITY EDUCATION SERIES

Co-hosted by

**Community Institute for Psychotherapy &  
The Marin County Office of Education**

Join us for this informative education series as we examine important issues facing today's families. Presentations by noted Bay Area experts will offer tools and strategies to empower you to help raise children who are curious, compassionate, and resilient.

This year, our *Raising Health Families* Community Education Series presents three separate 2-hour programs. See below for dates and locations. Register for one, two or all three. Admission is free but attendees must register in advance at [www.cipmarin.org](http://www.cipmarin.org) or by calling (415) 459-5999, ext 101. Suggested donations, sliding scale, \$75, \$50, \$25.

All *Raising Healthy Families* event proceeds go directly to support CIP's safety-net programs. Through our sliding scale and pro bono services, CIP assures that all families and individuals in our community have access to the quality mental health care they need to enjoy healthy and full, productive lives.

### PRESENTATIONS AND PRESENTERS

#### Teen Cannabis and Alcohol Use: What Parents Can Do



*Presented by Adam Nelson, MD*

When: Saturday, March 2, 2019

9:00 am–11:00 am

Where: Marin County Office of Education  
1111 Las Gallinas Avenue, San Rafael CA

Today's widespread under-age use of alcohol and cannabis puts Marin adolescents at greater risk for emotional, physical, and cognitive harm than ever before, including risk for suicide and mental illness. Moreover, it is likely the recent legalization of recreational cannabis will only increase its use and availability for teens.

Dr. Nelson has been practicing psychiatry for nearly 25 years. He received his Psychology degree from the University of Pennsylvania, and his Medical Degree from the University of Pittsburgh School of Medicine on a full scholarship from the U. S. Air Force. He has served as the Department Chair of Psychiatry, Service Chief of Consultation and Emergency Psychiatry, and Medical Director of Outpatient Behavior Health Services at Marin General Hospital. He currently maintains a general office practice in psychiatry, seeing individuals, couples, and families.

#### Raising Boys to be Heroes in an Age of Villains



*Presented by Mark Edwards, LMFT*

When: Tuesday, March 12, 2019

6:00 pm–8:00 pm

Where: San Rafael Community Center  
618 B Street, San Rafael, CA

This seminar will offer an overview of the unique development of boys through childhood and adolescence with a specific focus on the development of emotional competence, the ability to recognize, understand, express and manage one's own emotions and to respond appropriately to the emotions of others.

Mark Edwards, LMFT is a psychotherapist, trainer, teacher and consultant. He has maintained a private practice in San Rafael since 2000 and works with a broad client group of children, adolescents and adults. He has been a member of adjunct faculty of the Master's program in Counseling at Sonoma State University for more than 10 years and was formerly Assistant Clinical Director at the Community Institute for Psychotherapy, where he continues to supervise and teach post-Master's and Pre-Doctoral interns.

#### Embodied Resilience: Mindfulness for Challenging Times



*Presented by Shai Lavie, LMFT*

When: Thursday, March 28, 2019

6:00 pm–8:00 pm

Where: San Rafael Community Center  
618 B Street, San Rafael, CA

Adolescence is an emotionally challenging period for kids and parents alike. Embodied resilience, that is, being aware of one's own and others' internal / non-verbal body signals strengthens our ability to access internal resources.

Shai Lavie, MA, LMFT, works with adults, adolescents, and families in private practice in San Anselmo. He received his Master's Degree in Counseling Psychology from the California Institute of Integral Studies in 1995. Shai is certified in the Hakomi Method of mindfulness-based psychotherapy, and a Certified Hakomi Trainer on the faculty of the Hakomi Institute of California. He is certified in the Somatic Experiencing method of working with trauma, developed by Peter Levine.

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## *A Heartfelt Thank You to Our Donors*

*January 2018 – November 2018*

*We gratefully acknowledge the generous support of our donors and grantors. You make our work in the community possible! Because of you, CIP is here helping families, healing individuals, and strengthening our community. Thank you!*

### *Individual Donors*

#### Circle of Inspiration

Nancy Bertelsen  
Beth Case  
Lorn Dreitzler  
Bob Gebron  
John Riley

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### STORIES OF HEALING (CONTINUED FROM PAGE 3)

On the advice of a friend, Kevin and Elena had come to CIP as a last chance option before they initiated a separation. In the first sessions, they sat on opposite ends of the couch, rarely making eye contact. Elena frowned as she spoke of Kevin's meanness and disregard. Kevin sat stoically as he told of Elena's withering criticism. Working with their intern-therapist, they began to pause the harsh words and reactivity in order to better hear the other's hurt feelings beneath the anger. They became more open with each other, and with that came feelings of safety. The closeness returned on its own.

After several months, Elena sat in session with a smile and described feeling a sense of joy with Kevin that she had not known in years. Without warning, tears of relief began streaming down her face, as she considered that their marriage was no longer in danger. Kevin reached over to put his arm around her, and she cuddled into his embrace. They still get into arguments, but they are learning to pause, to hear each other's longings and needs, and to enjoy the love beneath it all.

*CIP is . . .*

*Healing individuals*

*Helping families*

*Strengthening our community*

## SPONSOR SPOTLIGHT:



*Dedicated to Strengthening  
Our Community*

As a leading business and community bank in the Bay Area, with 23 offices in San Francisco, Marin, Napa, Sonoma and Alameda counties, Bank of Marin specializes in providing legendary service to their customers and investing in local communities. The Bank places great value on giving back to the community, realizing their success over the years is largely due to supporting the communities they serve. At Bank of Marin, commitment to community is at the heart of everything they do. As their founder, Bill Murray, was fond of saying, "If we do good, then everybody does better."

An integral part of the philanthropic landscape, Bank of Marin invests in many non-profit organizations, not only through banking and lending services but also with financial contributions and employee volunteerism.

Since the Bank's inception in 1990, they have contributed more than \$5.2 million to over 240 deserving local nonprofit organizations. Support is focused on such key areas as affordable housing & human services, arts & culture, civic & economic development and youth & education.

Bank employees and the Board of Directors volunteer over 8,500 hours per year and are represented on more than 60 boards throughout the Bay Area. According to Market Manager Jaime Ortiz, "Our commitment is inspired by our customers, many of whom are philanthropists whose time and energy have transformed our community. We are energized by their good work and committed to doing our part."



*Visit your local Bank of Marin branch  
or go to [www.bankofmarin.com](http://www.bankofmarin.com).*

## SPONSOR SPOTLIGHT:



*“Proud to Support the Community”*

Union Bank® has been dedicated to serving the financial needs of its customers and building sustainable communities for more than 150 years.

Through the Union Bank Foundation, the bank provides grants, does community outreach, and collaborates with company partners to provide Union Bank employees with rewarding volunteer opportunities. The foundation’s grants are focused on the following strategic areas: community economic development, affordable housing, education, the environment, and health and human services.

The bank has supported many of Marin County’s nonprofit organizations and civic groups that impact our communities through initiatives such as education, social services, and affordable housing.

“Our Union Bank teams are proud to support the Community Institute for Psychotherapy and we applaud its important work,” said Vince Fucci, Union Bank managing director



and regional manager for the East Bay and Marin region. “We are especially excited to sponsor CIP’s *Raising Healthy Families* Conference that supports mental health across age groups. It’s a great way for all of us to come together to build our community.”

We thank Union Bank for their generous support!

*Learn more at [www.unionbank.com](http://www.unionbank.com)*

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

**SHARE YOUR HEALING HAIKU!**

In September and October, we invited readers to share how psychotherapy or counseling has made a difference in their lives or the life of a loved one through the unique poetry form of haiku. Our purpose was to raise awareness of the value of psychotherapy and reduce the stigma that often surrounds mental health issues.

Haiku is a Japanese verse form consisting of seventeen syllables in three unrhymed lines of five, seven, and five syllables.

Here are the entries we received. Thank you to all who shared your experience!

Comfy chairs and tears  
 new home for my inner child  
 blessings, therapist  
*Lita Kurth*

My therapist saw  
 a better person in me  
 and helped her grow strong  
*Liz Nguyen*

Racing thoughts won't stop  
 there is deep darkness and cold  
 then healing began

Going through the motions  
 then a kind listening ear  
 helping me connect

Never good enough  
 never trusting, could this change?  
 Yes, somehow, it has.

Unbelievable  
 but I am healing in here  
 within these safe walls

Amazing safe space  
 Healing old wounds and patterns  
 Gratitude and growth

Deep dive within me  
 Powerful curious space  
 Heal old wounds, new life

Safe space created  
 I am healing, unfolding  
 Awakening now

(Note: Some writers requested to remain anonymous.)

