



# COMMUNITY NOTES

## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

It is our mission at CIP to improve the quality of life for all in our community by strengthening families and helping individuals lead healthy, fulfilling

lives. We accomplish this through our mental health services for those who otherwise could not afford them, and through community education outreach, such as our *Raising Healthy Families* events, Checklists for Health, and other online resources.

CIP serves hundreds of families and individuals each year, both onsite at our offices and through our partnerships with other agencies and the public schools. In therapy, we work to provide clients with the tools and skills they need to overcome problems and reestablish well-being.

Similarly, our *Raising Healthy Families* presentations by noted Bay Area experts are designed to provide attendees with the tools and information to address important challenges confronting families and communities today. We look forward to our upcoming *Raising Healthy Families* events in March, and hope you'll read more about them in this newsletter.

At the heart of our mission is the priority to assure that our services remain affordable and accessible to those most in need. For this we rely on the generous support of our donors and event sponsors. Because of your support, we are able to provide needed services on a sliding scale and pro bono basis to Marin's most vulnerable and underserved, and our *Raising Healthy Families* programs free to all.

*Between their cost-efficiency and widespread collaboration with other safety-net providers, CIP plays a key unduplicated role in the continuum of care for Marin's most vulnerable families and individuals.*

Katie Rice, President  
Marin County Board of Supervisors

Dear Friends:

When we say that Community Institute for Psychotherapy holds the "safety-net" for Marin, what do we mean?

- *Our doors are open to all. Our sliding scale fees mean that no one is turned away for lack of funds.* Our outstanding cost efficiency — thanks to volunteered professional services totaling more than \$400,000 a year — means each budget dollar goes farther, doing more for those in need and our community.
- *Marin public schools, hospitals, private and public agencies rely on CIP to deliver the comprehensive, quality care needed by Marin's most vulnerable families, children and adults.* Today, as the frequency of major mental health disorders is rising, we have seen a significant increase in referrals from throughout the county.
- *Every call to CIP can mean one less call to 911, one less visit to the emergency room, or one less inmate at the County jail.* Our skilled intervention is here to halt cycles of violence and substance abuse, enable parents to better care for their children, and help struggling adults reestablish self-sufficiency and sense of dignity and hope.

Recognized for our clinical excellence for more than 40 years, CIP remains Marin's vital mental health safety-net. Just as the community depends on CIP, we rely on community donations to keep our services available.

- \* *Foundation and other institutional funding is not enough to support the work we do, day in and day out throughout the year. Instead, it is the private donations of community members such as you that make our work possible.*

Please give generously, knowing that your tax-deductible gift can make a significant difference in someone's life as well as for our community.

Sincerely,

Sharon Delfino Green  
CIP Acting Board President

Robin Joy Berenson, PhD, LMFT  
Executive and Clinical Director

*P.S. Make your donations online at [www.cipmarin.org](http://www.cipmarin.org), or return the enclosed envelope. Thank you!*

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# INTRODUCING ASSISTANT CLINICAL DIRECTOR BRENDA MCKINLEY, PSYD



I'm excited to join the team at CIP this year and work alongside some amazing interns and staff! I was drawn to CIP because of the agency's passion and commitment to providing high quality psychodynamic psychotherapy and training. I have a passion to pass along the rich tradition of psychodynamic psychotherapy and support interns in becoming the best clinicians they can be.

I have had the privilege of working at agencies whose focus was psychodynamic and have carried that training through to my work as a clinician in private practice in Petaluma and San Francisco. My experience

working in community mental health, residential treatment facilities, school settings, and private practice has given me an understanding of the complexities that come with the type of work that is done in a wide variety of settings. I love the process of learning and am excited about the opportunity to be part of the growth happening at CIP. I look forward to sharing my experience with CIP and learning from those around me!

## WORKING IN THE EYE OF THE STORM:

### HELPING FAMILIES THROUGH SEPARATION AND DIVORCE\*

*Presented by Nancy Olesen, PhD*

Therapists who work with separating or divorcing parents often find themselves feeling pulled to identify with and “go the extra mile” to help their suffering clients. Therapists can feel responsible for the well-being of children they hear about but don't meet. They can feel concerned about a parent they do not know but about whom they hear terrible accusations. They can feel pulled to intervene in the court process, feeling that they have special knowledge of what is best for the family. Deep understanding and empathy can easily lead to over-identification and efforts to help that are dangerous to the clients and to the professional well-being of the therapist. It is important for a therapist to remain mindful of several key points:

1. They do not know everything that is going on, despite hearing from one person in the family.
2. Their role, defined in professional guidelines and rules and state law is to help the person learn to understand their own feelings, manage their emotions and reactions, and broaden their perspective and understanding of the behavior of their children and their ex-partners.
3. Their role is not ever to give legal advice, diagnose the partner, or to give input to the court or the attorney or another therapist (unless there is an agreement and plan to work as a therapeutic team, with signed releases).
4. The consequences of operating outside the scope of the therapist's role can be serious and even catastrophic. These can include licensing board complaints, ethics complaints, and malpractice lawsuits. For the families, it can lead to significantly worse legal outcomes.
5. When working with children, the therapist *always* needs to remain neutral, no matter the provocation presented or the pleas that he or she is the only one who can help protect the child.

\* *Dr. Olesen will present a class on this subject in January. See page 4.*

## CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR  
Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS  
Lisa Dobias, LMFT  
Brenda McKinley, PsyD  
Laura Pucci, PsyD

DIRECTOR OF PRE-DOCTORAL AND POST-DOCTORAL PROGRAMS  
Laura Pucci, PsyD

COORDINATOR, CIP PROFESSIONAL DEVELOPMENT SERIES  
Lisa Dobias, LMFT

COORDINATOR, INTERN TRAINING PROGRAM  
Laura Pucci, PsyD

DIRECTOR OF TRAINING FOR SUPERVISORS  
Lisa Dobias, LMFT

DIRECTOR OF GROUP THERAPY PROGRAM  
Dee Treshnell, LMFT

DIRECTOR OF COUPLES THERAPY PROGRAM  
Andrew Copperman, LMFT

DIRECTOR OF SCHOOLS PROJECT  
Margaret Sue Perlstein, LMFT

DIRECTOR OF WISDOM WARRIORS PROGRAM  
Margaret Sue Perlstein, LMFT

DIRECTOR OF DREAMS TRAINING PROGRAM  
Meredith Sabini, PhD

SUPERVISION OF PSYCHOLOGICAL TESTING PROGRAM  
Barbara Nova, PhD

### Clinical Supervisors

Lonnie Barbach, PhD  
Brooke Barnett, PsyD  
Martin Block, PhD  
Darby Bonomi, PhD  
Elyse Boyar, LMFT  
Mary Bryan, LMFT  
Laurie Buntain, LMFT  
Ralph Daniel, PhD  
Jacqueline De Lon, LMFT  
Lisa Dobias, LMFT  
Susan Edelstein, PhD  
Mark Edwards, MS, LMFT  
Joy Fillman, PhD  
Michelle Frisch, MSW, PhD  
Ann Gordon, PhD  
Lilly Hanson, LMFT

*(continued on page 3)*

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## CLINICAL STAFF

### Clinical Supervisors (cont.)

Annette Halloway, PsyD  
A. Raja Hornstein, PsyD  
Dana Horton, LCSW  
Deborah Kamins, PhD  
Caroline Keystone, LMFT  
Steven Kruszynski, LMFT  
Wendy Labov-Dunne, MA, MFT  
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Melinda Ann Marmer, PhD, LMFT  
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Matthew Morey, LMFT  
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Jessica Ozberker, LCSW, LPCC  
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Steve Sulmeyer, JD, PhD  
Laura Tabak, PsyD  
Maysie Tift, LMFT  
Lesley Van Voorhees, LCSW  
Amy Wilner, PsyD

### Intern Therapists

**Practicum Student**  
Sofya Vasilyeva

### LMFT Trainees

Kristin Andersen  
Carmen Carnes  
Ryan Gertz  
Gustav Helzberg  
Megan McGrath  
Angie Nemelka  
Tracy Sachs

### Registered AMFT

Louise Franklin, MA  
Robert Jackson, MA  
Renee Jeffrey, MA  
Cindy Jepsen

### Pre-Doctoral Students

Inka Kristiina Hanhivaara, MSc, MA  
Jordan Hazzard  
Theresa Mitchell  
Jessica Johnson Parr

### Post-Doc

Paul Kiritsis, PsyD

*A vital safety-net for Marin since 1977*

## COMMUNITY INSTITUTE FOR PSYCHOTHERAPY BY THE NUMBERS (2018)

### CIP Brings Hope and Healing...

7,880 therapy hours delivered  
750+ families, children, and adults served  
(76% with annual household incomes of \$25,000 or less)



### CIP in Marin Public Schools

2,100 hours of counseling provided to more than 100 students  
100 hours of Wisdom Warriors skills-building for 128 students



### CIP Community Outreach

984 hours provided to vulnerable individuals through Helen Vine Detox Center, Skyview Day Club (formerly Senior Access), and Downtown Streets Team



### CIP Relies on Volunteers

100 mental health professionals provided more than 6,100 hours of training and supervision to 22 intern therapists, an in-kind donation of more than \$400,000.



# PROFESSIONAL DEVELOPMENT SERIES 2019-2020

For more information on the topics, learning objectives, and presenter bios, or to register for an event, please visit our Professional Development page at [www.cipmarin.org](http://www.cipmarin.org) or call (415) 459-5999 x101.

## SEMINARS FOR PROFESSIONALS

6 CEs for LMFTs & LCSWs and 6 CEs for Psychologists

CIP Member Rate: \$100 early registration, up to 10 days prior to seminar, \$120 after

Non-member Rate: \$130 early registration, up to 10 days prior to seminar, \$150 after



### HAND IN HAND: ENLISTING PARENTS AS PARTNERS IN CHILD TRAUMA THERAPY

Presented by Vilma Reyes, PsyD

Saturday, February 8, 2020

9:00 am – 4:00 pm

Location: Dominican University Creekside Room



### THE ROUGH PATCH IN MARRIAGE: WORKING WITH COUPLES PSYCHOANALYTICALLY

Presented by Daphne de Marneffe, PhD

Saturday, April 4, 2020

9:00 am – 4:00 pm

Location: Embassy Suites

## CLASSES

4 CEs for LMFTs & LCSWs and 4 CEs for Psychologists

CIP Member Rate: \$75 early registration, up to 10 days prior to class, \$90 after

Non-member Rate: \$100 early registration, up to 10 days prior to class, \$110 after



### WORKING IN THE EYE OF THE STORM; HELPING FAMILIES THROUGH SEPARATION AND DIVORCE

Presented by Nancy Olesen, PhD

Saturday, January 18, 2020

9:00 am – 1:00 pm

Location: CIP, Ste. 201, 1330 Lincoln Avenue, San Rafael



### LUST, RAGE, CHAOS AND LOVE: EROTIC TRANSFERENCE IN PSYCHOTHERAPY

Presented by Felicia Matto-Shepard, LMFT

Saturday, March 14, 2020

9:00 am – 1:00 pm

Location: Embassy Suites



### WHEN SELF-HATE IS SELF-PROTECTION: UNDERSTANDING EATING DISORDERS

Presented by Lisa Bograd, MA, LMFT

Saturday, May 9, 2020

9 am – 1:00 pm

Location: Embassy Suites

## MEMBERSHIP RENEWALS DUE

If you haven't already, now is the time to renew your membership! In addition to reduced fees for seminars and classes, CIP members are eligible to submit updates about their practices, publications, or workshops in our online newsletter.

Membership Fee: \$50 for licensed professionals; \$30 associate (unlicensed) members.

To become a member and/or for complete information on all our 2019-2020 seminars, classes, and study groups, please see the "Professional Development" page on our website at [www.cipmarin.org](http://www.cipmarin.org).

Questions? Phone (415) 459-5999 x 101.

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.

Accommodations will be made wherever possible for those with disabilities. Please let us know of any disabilities upon registration to ensure proper accommodations are put in place prior to workshop/training.

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



# RAISING HEALTHY FAMILIES

## RAISING HEALTHY FAMILIES 2020

Tuesday, March 24, 2020

### Helping When Your Child Is Hurting: What Every Parent Needs to Know to Prevent Adolescent Self-Harm and Suicide



*Presented by Keith Sutton, PsyD*

Anxiety rates for adolescents are on the rise, and so is self-harm and suicide. Losing a child is a parent's worst nightmare. Dr. Sutton will explain the potential causes of adolescent anxiety and depression, why some kids self-harm, and factors that can lead to suicide or suicidal behavior. He'll discuss effective treatments and how parents can help their depressed children overcome their pain.

What you'll learn:

- \* How to understand self-harming behaviors
- The causes of teen depression
- How to identify the factors and signs that can lead to suicide and self-harm
- How to talk to your child about depression and self-harm
- The various evidence-based treatments that are available and when to seek them.

W. Keith Sutton, PsyD, is the director of the Institute for the Advancement of Psychotherapy and an expert on adolescents and families. He has worked in teen shelters, residential treatment programs, drug and alcohol treatment, and schools. He currently sees clients in his Corte Madera and San Francisco offices treating teenagers with depression, anxiety, oppositional defiant disorder, ADHD, trauma, substance abuse, panic attacks, OCD, and difficulty with family relationships.

Tuesday, March 31, 2020

### Slaying the Beast: A Practical Guide for Parents on the Dangers of Technology Overuse and Obsession



*Presented by Mark Edwards, LMFT*

Modern parents are faced with greater pressure from children, peers and technology companies to allow almost constant use of gaming and communications technology *regardless* of consequences. This presentation will outline the potential dangers of technology

overuse, including co-occurring emotional concerns such as bullying, depression and obsessive use.

Mark Edwards will offer a number of hands-on strategies for the discussion of rules and responsibilities for children and teens, and suggest practical tips for negotiating healthy limits to technology use at home, school and college.

What you'll learn:

- How to negotiate rules for technology use and practical tips for healthy limits
- How to identify the signs of online bullying
- The originating causes of risks and how those causes create vulnerabilities
- How to recognize when adolescents are experiencing depression and emotional regulation beyond normal emotional responses and a guideline for what to do
- How to understand the traits and systems that may predispose a kid to the online risks of bullying and/or overuse
- Other risk factors that can predict online dangers
- How to encourage resiliency in children and teens to help protect against risk

Mark Edwards, MFT, 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 is a member of adjunct faculty of the Master's program in Counseling at Sonoma State University. Mark was an early adopter of internet technology and is keenly aware of the clinical implications of this rapid shift in communication, leisure and information.

Tuesday, March 3, 2020

### Teenage Substance Abuse and Addiction: Approaches for Parents



*By Kenneth Perlmutter, PhD, San Rafael, CA\**

#### The Problem

The "opioid epidemic" continues to be a news headline as prescription pill overdoses exceed 100 per day nationally. Parents baffled by their kids' "screen addiction" have no answers. Law enforcement warnings about fentanyl, a cheap-to-make high strength opioid added to heroin (and now to cocaine and even marijuana) appear regularly. Legal marijuana is readily available in the forms of candy, flower, vapes, and baked confections. Marin County teens abuse alcohol at a rate as high or higher than anywhere in the nation.

*Parents feel powerless.* So, too, do coaches, teachers, clergy, siblings and others close to a teen or young adult who's caught in the sinking spiral of compulsive substance use, screen dependency, or full-blown addiction.

#### The Background

Teens are naturally curious, experimental and driven to high risk-taking. They are biologically wired to seek the new, the novel, the different, the exciting, the mood altering, and the comfort of belonging. The continuation of our species depends on this. If it weren't the case, teens wouldn't fight our wars, win our football games, or brave encountering mean old Mr.

*(continued on page 6)*

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## *A Heartfelt Thank You to Our Donors*

January 2019 – November 2019

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**

Esther & Allan Blau  
Chevron Matching Fund  
Andrew Kives & Joyce Abrams  
Richard D. Hannan Family Foundation

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Opus Community Foundation  
Unity in Marin

#### *Business & Community Partnership*

Yoko Kasai, Front Porch Realty

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### *Teenage Substance Abuse and Addiction: Approaches for Parents, continued from p. 5*

Johnson and his swinging bat in order to get a “hello” from his daughter, Jessica. As Kevin T. McCauley, MD, explains in his book *Pleasure Unwoven*, the teen brain attaches intense meaning to activities, events/places, or substances that provide a feeling of belonging, power, or relief from anxiety.

Some teens, estimated at about 20%, have a genetic predisposition to prefer being under the influence of mood-altering substances or behaviors. They’re most often found in families with histories of addiction, or “stress-induced impaired coping,” as described in my book *Freedom from Family Dysfunction*. These epigenetic forces encourage teens to keep using or “party-ing” despite mounting evidence they themselves can see of the destructive consequences. People who love these youngsters see the insanity and can’t believe the teen doesn’t; however, that’s exactly the cunning, baffling and powerful nature of addiction.

#### **Solutions**

**Solutions begin with self-examination and inquiry initiated by the parents in teen households.** Here are a few initial questions to take up:

- Can we expect a teen to be 100% abstinent given the damage to their brains caused by alcohol binges or chronic marijuana use (>50 times/year)? Why not?
- What’s the difference between normal partying or problematic drinking or using?
- How do we factor our own drinking, marijuana or prescription drug use into our expectations for our teens and college kids?

Starting in this way, family members will be able to:

- Recognize the warning signs of substance abuse or compulsive behaviors that can or have become addiction
- Identify the family environmental features perpetuating or promoting substance abuse or addictive behaviors
- Build a network of allies who “get it” to manage stress-induced impaired coping and avoid so-called “enabling”
- Establish minimum requirements (including total abstinence when indicated) around screen time and substance use to establish a safe and sustainable home
- Speak to the forces contributing to systemic and societal anxiety exacerbating teen restlessness while supporting teens’ creativity and search for meaning

Dr. Kenneth Perlmutter is a licensed, San Rafael, CA, based Family Systems Psychologist with more than 30 years’ experience treating complex psychological disorders including addiction. He founded the Family Recovery Institute in 2008 to provide individual and family treatment services, clinical training, consultation and supervision. *Freedom from Family Dysfunction: A Guide for Families Battling Addiction or Mental Illness*, published in late 2019, reveals his theory and method in easy to understand and relatable terms.

*\*Please note:* There are two psychologists in Northern California named Kenneth Perlmutter. I practice in San Rafael and specialize in family and individual psychotherapy.

## 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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## RAISING HEALTHY FAMILIES SPONSORS

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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)



**RAISING  
 HEALTHY FAMILIES**

**2020 RAISING HEALTHY FAMILIES  
 COMMUNITY EDUCATION SERIES**

Co-hosted by CIP and  
 The Marin County Office of Education

Join us for this **FREE** 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.

*All events are free but attendees must pre-register at [www.cipmarin.org](http://www.cipmarin.org).*

*Teenage Substance Abuse and Addiction: Approaches for Parents*

*Presented by Kenneth Perlmutter, PhD (San Rafael, CA)*  
 When: Tuesday, March 3, 2020, 6pm – 8pm  
 Where: San Rafael Community Center  
 618 B Street, San Rafael, CA 94901

*Helping When Your Child Is Hurting: What Every Parent Needs to Know to Prevent Adolescent Self-Harm and Suicide*

*Presented by Keith Sutton, PsyD*  
 When: Tuesday, March 24, 2020, 6pm – 8pm  
 Where: San Rafael Community Center  
 618 B Street, San Rafael, CA 94901

*Slaying the Beast: A Practical Guide for Parents on the Dangers of Technology Overuse and Obsession*

*Presented by Mark Edwards, LMFT*  
 When: Tuesday, March 31, 2020, 6pm – 8pm  
 Where: San Rafael Community Center  
 618 B Street, San Rafael, CA 94901

*For more information on each presentation, turn to page 5.*