



DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

I am so pleased to say that our 2014 Loving Spoonfuls Challenge was our most successful yet! We are excited to share with you some of the highlights in this newsletter.

Most importantly, the success of this annual fund raiser supports CIP's services throughout the year, providing a vital safety-net for families, children and adults. The availability of these needed services strengthens our community for all.

There is growing recognition that health is not simply the absence of illness or pain, but a connection to a sense of purpose and well being. Sound mental health is the ability to enjoy a full and productive life: to work and learn, build loving relationships, and contribute to the greater community.

In therapy at CIP, we not only aid clients in overcoming their emotional pain, supporting them in ending self-defeating patterns and finding new answers, but we help them reconnect to their essential selves. Everyone possesses innate inner strengths and resilience, although pain may block access to them. The process of healing is the process of discovering the enduring self so as to live authentically and compassionately.

We know that the key lies within the individual. So many people coming to us have lost faith, in others and in themselves. Our clinical staff model empathy, respect, and compassion so that individuals can learn to practice these essential qualities for themselves.

continued on page 6

LOVING SPOONFULS Marin's Soup and Dessert Challenge VETERAN CHALLENGERS WIN THE DAY!



Judge Leslie Harlib at podium and David Haydon and staff of Il Davide Restaurant

It was a Loving Spoonfuls first! Two returning challengers, chef Aaron Wright of **The Tavern at Lark Creek** and David Haydon of **Il Davide Restaurant**, came away with the first place awards in both the People's Choice Awards and the Expert Judges' Awards for their superlative entries in the soup, appetizer, and dessert categories!

The 2014 **Loving Spoonfuls: Marin's Appetizer, Soup & Dessert Challenge** held in Mill Valley on Saturday, January 25, was a sold-out affair, attracting more than 350 food-lovers of all ages who sampled the offerings of 15 of Marin's best chefs and browsed the laden Silent Auction tables.

People's Choice Awards

👤 Best Soup: "Roasted Winter Vegetable Soup," chef Aaron Wright, **The Tavern at Lark Creek**

👤 Best Appetizer: "Porcini Filled Cappelletti with White and Black Truffle Cream," chef David Haydon, **Il Davide Restaurant**

👤 Best Dessert: "Butterscotch Pot de Crème with Salted Caramel, Shaved Chocolate and Maldon Sea Salt," chef David Haydon, **Il Davide Restaurant**

Go to page 2 for more on this exciting event!

LOVING SPOONFULS

Marin's Soup and Dessert Challenge



CIP Board Member Cordie Traber, CIP Executive and Clinical Director Dr. Robin Berenson, and Maureen Machanich



Former CIP President Scott Muldavin and U.S. Congressman Jared Huffman

The Judges' Awards

Before the doors opened to the public, challengers' entries were evaluated by this year's culinary professionals, **Anna Haight** (Bread and Butter columnist *Marin Independent Journal*); **Leslie Harlib** (lifestyle journalist and restaurant critic); and **Tyson Greenwood**, Head Chef for Apple. Thank you, Judges!

First Place Soup: "Roasted Winter Vegetable Soup," chef **Aaron Wright**, The Tavern at Lark Creek

Second Place Soup: "BBQ Smoked Ramen," chef **Jamie Prouten**, Tiburon Tavern

First Place Appetizer: "Porcini Filled Cappelletti with White and Black Truffle Cream," chef **David Haydon**, Il Davide Restaurant

Second Place Appetizer: "Peruvian Causa with Smoked Trout," chef **Jayne Reichert**, The Cooking School at Cavallo Point

First Place Dessert: "Butterscotch Pot de Crème with Salted Caramel, Shaved Chocolate and Maldon Sea Salt," chef **David Haydon**, Il Davide Restaurant

Second Place Dessert: "Strawberry & Cream Fraisier," chef **Alex De Jesus**, L'Appart Resto

Foodies, families, and friends flocked to the Mill Valley Community Center for a delicious Saturday afternoon



Three-time Award-winner Chef Aaron Wright, The Tavern at Lark Creek



CIP Interns Kasia Kanska, Caroline Keystone, Hayley Dawson (left to right)



THANK YOU TO ALL OUR
2014 CHALLENGERS FOR THEIR
OUTSTANDING CONTRIBUTIONS

Bayside Marin

Fenix

Il Davide Restaurant

L'Appart Resto

Marin Joe's

Peacock Gap Range Cafe & Clubhouse

Sol Food

The Cooking School at Cavallo Point

The Club Restaurant at McGinnis Park

The Tavern at Lark Creek

Tiburon Tavern

Tomatina

Vin Antico

Whipper Snapper

Wildfox Restaurant

LOVING SPOONFULS HONORARY
COMMITTEE

Beth Ashley, *Marin IJ* Columnist

Susan Adams, Marin Board of
Supervisors

Lonnie Barbach, PhD

Mary Jane Burke, Marin County
Superintendent of Schools

Jim Farley, Director of Cultural and
Visitor Services, Marin County

Rev. Carol Hovis, Executive Director,
Marin Interfaith Council

Jared Huffman, U.S. Congressman

Jack Obedzinski, MD

Katie Rice, Marin Board of
Supervisors

THANK YOU FOR YOUR SUPPORT!

THANK YOU!
TO OUR GENEROUS LOVING
SPOONFULS SPONSORS

 *Stations Chefs:*

Bayside Marin

First Federal Savings & Loan of
San Rafael

Wordsworth

 *Line Cooks:*

Bank of Marin

BioMarin Pharmaceutical

Health Net, Inc.

Marin General Hospital

Pacific Union | Christie's
International Real Estate

Union Bank

Wilson Markle Stuckey Hardesty
& Bott, LLP

TO OUR MC

Mark Edwards, LFMT

TO OUR JUDGES

Anna Haight

Leslie Harlib

Tyson Greenwood

TO OUR BEVERAGE DONORS

Broken Drum Brewery

DS Waters Alhambra

Kathy Fairbanks

Leal Vineyards

Pete's Coffee

Schmor Wines

Winery Exchange

TO OUR PHOTOGRAPHER

Alison Campbell of
Alison Photography

SPONSOR SPOTLIGHT:
WORDSWORTH

When Wordsworth undertook their first assignment for CIP, Executive Director **Robin Joy Berenson** supplied **Barbara Brauer** with copies of all CIP's computer files, which fit comfortably on a single 5-1/2-inch floppy disk.

It was 1988, before CIP had its own computer or administrative staff, and Barbara and husband **Laurence** provided the agency's computer-based needs for the next several years.

WORDSWORTH
www.wordsworthofmarin.com

Since that time, much as changed for both CIP and Wordsworth, but the working relationship remains strong. Barbara provides grant and other institutional writing, including both print and email newsletters, while Laurence works as typesetter for the agency's publications.

Now celebrating 30 years, Wordsworth's primary business is book production, including writing, editing, and prepress services for authors and publishers. Poetry collections and memoirs are their specialties.

Of CIP, Barbara says, "It's an honor to work with such a fine organization committed to the health and well-being of those in our community, especially those most vulnerable and at risk. We are proud to sponsor Loving Spoonfuls."

CIP BOARD OF DIRECTORS

Co-Presidents

Lynn Lent, Community Volunteer

Lynn Roy, PhD, Community
Volunteer

Secretary

Cordie Traber, Community Volunteer

Beth Case, Community Volunteer

Derek Knell, Trustee, Novato Unified
School District,

Mark Rice, Attorney

Hilary Spaulding, Attorney

Stanley Stefancic, Minister Emeritus
Unitarian Universalist Church

A Heartfelt Thank You to Our Donors

February 1, 2013 - January 31, 2014

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

Seth & Amy Barad
Nancy Bertelsen
Katherine & Gregg Crawford
Drexler Estate Fund
Margot Fraser Fund
Scott Muldavin
Mark J. Rice
Jon & Margaret Soffer

Circle of Friends

Linda & Andy Ach
Susan Adams
Lonnie Barbach
Alan Bear
Jody & Jules Becker
Carla Tavares Berman
Rosemary Bruckner
Mary Jane Burke
Joan Capurro
Chevron Humankind Matching Gift
William & Diane Clarke
Laura Comyns
Margaret Crawford
Robert Doyle
Paul & Susan Edmondson
Mark Edwards
Marsha Fine
Brad & Kim Fisher
Roger & Janet Freeburg
John & Jennie Lee Gill
William Green
Elizabeth Greenberg
The Guttman Family Foundation
Hollie Hannan
David Hartwell
Ruth Heller
Donna Huggins
Marilyn Jackson
Steven Wolf & Ruth Jaeger
Richard Jerins
Jewish Community Endowment Fund
Claudia Johansen
Sanford & Irma Katz
Joyce Kho
Kenneth King
Andrew Kives
Susan & Mark Edward Lachtman
Mario & Suellen Lamorte
Allison Lang
Wolfgang & Alexandra Lederer
Lucinda Lee
Lent 2002 Family Trust
Myra Levenson
Mellie Logan
Paula J. Machado

Martin & Ruth Malkin
Joseph & Pola Martino
Marilyn McCann
Gilda Meyers, LMFT
Mark Morrison
Catherine Munson
Thomas Murray
David J Neagle
Nick Nicholson
Lorraine Norby
Marisa Lee Nordstrom
Jack Obedzinski
Charles (Jerry) & Becky Oken
Olympia Properties
Osterweil-Wight Family Trust
Pell Family Foundation
Joy Phoenix
David & Mary Rabb
Rosemary Ragen
Sandra Madison Reinhardt
Jay Stone Rice
Helen Rogers
Arthur Boudreault & Diana Sanborm
Paul & Anita Sawyer
The Schneider Foundation
Paula Sitelman
Jean Soost
Marianne & Stanley Stefancic
Buz Thiercof
Cordie & George Traber
Frances Vaughan
BJ Waterbury Associate
Patsy White
Sherry Zagunis

Business Partners

Ghilotti Bros.
Keegan & Co
Minto & Wilkie Insurance Agency, Inc.

Grants

Allensby Charity Trust
Center for Sustainable Change
Donald O. & Ronald R Collins Fund
The Freitas Foundation
GGG Foundation
Richard D. Hannan Family Foundation
Kalliopeia Foundation
George Lucas Family Foundation
Marin Charitable
Nightingale Fund
San Rafael Elks Lodge #1108
Sutter Instrument Company
Westamerica Bank

CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR
Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS
Christine Donohue, LMFT
Mark Edwards, MS, LMFT
Paula Sitelman, PsyD

DIRECTOR OF PRE-DOCTORAL AND POST-DOCTORAL PROGRAM
Paula Sitelman, PsyD

COORDINATOR, CIP PROFESSIONAL DEVELOPMENT SERIES
Mark Edwards, MS, LMFT

COORDINATOR, INTERN TRAINING PROGRAM
Christine Donohue, LMFT

COORDINATOR, TRAINING FOR SUPERVISORS
Paula Sitelman, PsyD

DIRECTOR OF ADULT GROUP THERAPY PROGRAM
Walter Stone, MD

DIRECTOR OF THE CBT, DBT, AND SEEKING SAFETY GROUP THERAPY PROGRAM
Robert Reiser, PhD

DIRECTOR OF COUPLES THERAPY PROGRAM
Marianne Stefancic, LMFT
Pat Shelton, PhD, LMFT

DIRECTOR OF FREE AND STRONG PROGRAM
Jean Hayes, PhD, LMFT

DIRECTOR OF CANAL ALLIANCE YOUTH COUNSELING PROGRAM
Lori Rifkin, PhD

DIRECTOR OF EATING DISORDERS PROGRAM & EMBODY POWER PROGRAM
Lois Friedlander, PhD

DIRECTOR OF SCHOOLS PROJECT
Jean Hayes, PhD, LMFT

DIRECTOR OF SUBSTANCE ABUSE OUTREACH PROGRAMS
Belinda Ryland, LMFT

SUPERVISION OF PSYCHOLOGICAL TESTING PROGRAM
Barbara Nova, PhD

(continued on page 5)

CLINICAL STAFF (con't)

Clinical Supervisors

Barbara Adamich, LCSW
Bill Arigi, LMFT
Barbara Berman, PsyD
Martin Block, PhD
Heather Burns, LCSW
Jennifer Cari, LMFT
Gail Caulfield, LMFT
Laura Foster Collins, LMFT
Jane Cunningham, LMFT
Cara DeVries, LMFT
Jan DiSanto, LMFT
Sheva Feld, PhD
Sue Fleckles, PhD
Bernice Goodwin, PsyD
Ann Gordon, PhD
Hollie Hannan, PhD, LMFT
Diane Harnish, PhD
Meghan Harris, PsyD
Elisabeth Hathaway, PhD
Amy Horn, LMFT
Raja A. Hornstein, PsyD
Kathryn Hughes, LCSW
Margot H. Kirschner, PsyD
Yvonne Klitsner, LMFT
Shira Marin, LMFT
Robin Mayer, MS, LMFT
Shana Millstein, PhD
Robert Nemerovski, PsyD
Anka Paine, PsyD
Jonathan Pofsky, LMFT
Phillip Racies, LMFT
Ghazaleh Rafati, PhD
Diane Ray, LMFT
Jane Reingold, LMFT
Eric Reitz, PhD
Jeanna Reynolds, LMFT
Jennifer Rice, PhD
Joan Robinson, LCSW
Frederick G. Rozendal, PhD
Leah Seidler, LCSW
Joshua Simmons, PsyD
Paula Sitelman, PsyD
Gregory Smith, LMFT
Joan Sommer, PhD
Mary Spilsbury, MA, LMFT
Steve Sulmeyer, JD, PhD
Priscilla Taylor, PhD, LMFT
Susan Theobald, LCSW
Jessica Reid Tsukahara, RN, LMFT
Karen Weinberger, LCSW

Intern-Therapists

Loretta J. Abbott, MA
Alison Campbell, MA
Hayley Dawson
Catherine Greene
Chris Guthrey, MA
Robert Johnson
Aimie Jory-Hile
Jen Joseph
Katarzyna Kanska, MA
Caroline Keystone
Lucy Klein
Arley Lindberg, MA
JoAnne MacTaggart, MA
Jamie McLaren, MA
Eric Monkhouse, MA
Michael Newmark, MA
Cameron Osborne
Julie Patiño
Cary Ann Rosko
Samantha Russell-Raven
Nadia Thalji, MA

PROFESSIONAL DEVELOPMENT PROGRAM

EMOTIONALLY FOCUSED COUPLES THERAPY: GETTING TO THE HEART OF THE MATTER

A Seminar for Professionals

*Saturday, April 5, 9:00 AM – 4:00 PM
with Sam Jinich, PhD*

Albertus Magnus Hall
Dominican University,
50 Acacia Ave, San Rafael

6 CEs for MFTs & LCSWs

6 CEs for Psychologists

CIP Members: \$75 early registration
\$85 after 3/26

Non Members: \$110 early registration
\$120 after 3/26

Emotionally Focused Therapy (EFT) offers a unique combination of empirically supported change processes and techniques informed by an explicit theory of adult love. In this seminar, an overview of Emotionally Focused Couples Therapy will be presented with a particular emphasis on how the approach explores both the intra-psychoic and the interpersonal worlds of the couple in distress.

Dr. Sam Jinich, PhD, is a licensed psychologist in private practice in San Francisco since 1995. He is a certified therapist and supervisor in EFT, and is a co-founder of the Northern California Community of Emotionally Focused Therapy (NCCEFT).

*To register for this or any of our Professional Development Programs, visit us at
www.cipmarin.org
or call (415) 459-5999 x101.*

Community Institute for Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. Community Institute for Psychotherapy maintains responsibility for this program and its content. Seminar has been approved for CE credit by the Board of Behavioral Sciences Examiners (PCE595).

Cancellation Policy: All cancellations must be received in writing 10 business days prior to the seminar or class. We will issue a refund minus a \$10 cancellation fee.

FUND A NEED: CIP'S YOUTH PROGRAMS 2014-2015

CIP's youth outreach programs, the Schools Project for Disadvantaged Students at Risk, Afterschool Counseling at Canal Alliance and our Free and Strong groups, provide vital support to low-income children and youth, enabling them to overcome problems that compromise their ability to succeed in school and in life. Each year, these programs successfully serve more than 150 students, helping them to stay in school, off drugs, and build bright futures.

These outreach services are provided by CIP at no cost to the children, their families or the schools. We depend on community donations to support these programs.

Planning is underway for the 2014-2015 school year. Our ability to maintain these vital programs depends on securing sufficient funding. Every dollar donated to CIP's Youth Programs will go directly to fund these proven, effective services.

With your gift, a child's healthier, better tomorrow can begin today. To donate, please visit www.cipmarin.org.

The Power of Communal Singing to Increase Connection and Elevate Mood

Presented by Geraldine Alpert, PhD
Co-Sponsored by the San Francisco Psychological Association and Marin Psychological Association CARE (Colleague Awareness Resources and Education)
Saturday, April 19, 1:00 – 4:00 PM
San Rafael (Directions upon registration)

Free admission; CEs \$15.00

To register, email
Geraldine.Alpert@gmail.com



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

NON-PROFIT ORG
 U.S. POSTAGE
 PAID
 SAN RAFAEL CA
 PERMIT NO. 407

RETURN SERVICE REQUESTED

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

EXECUTIVE DIRECTOR'S MESSAGE (CONTINUED FROM PAGE 1)

We give our clients the skills and tools to access their inner resources via mindfulness, meditation, self-knowledge, and an understanding of the influence of thought, negative or positive, on emotions and actions.

Through this careful and caring process, clients become the parents, family members, coworkers, and community members they so want to be, aware of a renewed sense of purpose and joy of living. Students in school discover a sense of empowerment and new faith in their own ability to make good choices for themselves; they grow more curious, stronger, and become better learners.

Each year, the healing and therapy CIP brings to the community changes hundreds of lives, from elementary school students in public schools, to elders at Senior Access. Our outreach programs bring services to those who otherwise could not afford or access them.

On behalf of all of us at CIP and the people we serve throughout the community, we thank you for making our 2014 **Loving Spoonfuls** event such a success!

Be sure to mark your calendars to join us for our fifth annual **Loving Spoonfuls**, **Saturday, January 24, 2015**.



CIP's 2013 Human Race team raised \$5,800 to support vital services.

SUPPORT CIP AT THE 2014 MARIN HUMAN RACE!

Whether you like to run or walk, engage in fun activities, or simply want to cheer on CIP interns, staff, and supporters from the sidelines, we hope you'll show your support for CIP on **Saturday, May 10, 2014**, in the 32nd Annual Marin Human Race!

Please consider sponsoring the CIP team by making a tax deductible donation of \$10, \$20, \$50, \$100, \$1,000 — or?

Visit www.cipmarin.org to learn more about CIP and this fun and family-day event.