



DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Communication and community.

These words have much in common: the sense of coming together, establishing relationships, building bridges.

That describes CIP's activities in so many ways.

The services we offer clients help to reconnect family members and open the way to greater respect and communication. We help individuals connect with their personal strengths and innate resilience, and develop the interpersonal skills to build healthy relationships, and better, more fulfilling lives.

In our outreach programs, in the schools and at other organizations, we provide the mental health component to complement the services they provide.

Through our newsletters and website, we strive to provide people with information they can use in daily and family life. Our Professional Development Series makes a space for mental health professionals to come together in a supportive community.

Our well-established county-wide referral network helps us connect individuals and families with the resources they need in the community.

And yet another important relationship is the support we receive from our generous funders—from individual donors and foundations, to our Business and Community Partners, our *Community Cares!* and Loving Spoonfuls sponsors—all of whom share with us the goal of a strong, vibrant community through assuring that affordable safety-net services are available when need arises.

CIP PRESIDENT LENT WINS HEART OF MARIN AWARD

CIP Board and staff attending the 23rd Annual Heart of Marin Awards Thursday, January 7, 2016, could not have been more proud and delighted when it was announced that CIP Board President Lynn Lent had won the "Excellence in Board Leadership" Award from the Center for Volunteer and Nonprofit Leadership (CVNL).

Lynn's acceptance speech was brief but eloquent, "I want to thank you for this award from the Heart of Marin and to say from MY heart, it is a joy working for CIP. Robin [Berenson], thank you for your excellent leadership and for nominating me.

"To my fellow Board members, we have a team that is committed to achieving a stable and continued future for CIP and to providing mental health services to all those who need this valuable assistance. Whatever excellence this award signifies, it is SHARED. Thank you."

The award brings with it \$5,000 for CIP, funds that will go to support our sliding scale and pro bono program services.

"This recognition means so much to Lynn, CIP, and the community we serve," notes Dr. Robin Berenson. "By honoring Lynn and CIP, this Heart of Marin Award will also raise awareness of the availability of our comprehensive, sliding scale services, helping to assure that those in need will have access to them."

We are most grateful to CVNL for their outstanding programs and services for Marin nonprofits and volunteers. They help make a healthier and happier community for all!



LOVING SPOONFULS Marin's Soup and Dessert Challenge

FOODIES, FAMILIES AND CHALLENGERS APPLAUD BENEFIT'S 2017 RETURN

CIP's Board of Directors is delighted to announce that our very popular **Loving Spoonfuls: Marin's Appetizer, Soup and Dessert Challenge** is back! Our 2017 family-friendly, all-ages benefit will be held Saturday, February 11, from noon to 3 PM. See page 4 for more details!

CIP ALUMS JOIN FORCES AT SENIOR ACCESS

For the team at Senior Access Adult Day Services, the arrival of Deb Nelson, PsyD, in January 2016 signaled the beginning of a highly anticipated professional collaboration. Senior Access provides social programs for individuals with mild to moderate dementia, and is Marin County's only licensed Adult Day Service Center.



CIP Alums Jen Tripathy, LMFT, and Deb Nelson, PsyD

CIP alum Jen Tripathy, LMFT, (2001-2003) serves as Program Director at Senior Access. Deb Nelson (2011-2013) is joining the team as the on-site psychologist providing counseling services to participants and their family caregivers. She will provide behavioral assessments, counseling services and stress management strategies, serving both participants and caregivers.

“CIP provided exceptional training and supervision”

“We have always been able to provide engaging programs for our Club Members, from excursions to museums to professional art classes. And we have a welcoming support group for caregivers, yet we see the strain on caregivers and have wanted to provide more comprehensive services for the family unit,” says Jen Tripathy. “Having Deb here gives us the ability to strengthen family ties and enhance caregivers’ skills. Her counseling also helps the diagnosed individual express their voice in a safe setting.”

The two former CIP interns were connected when Deb accepted a two-year placement at Senior Access during her CIP internship. She worked directly with the participants and co-facilitated the Caregiver Support Group with Senior Access Executive Director, Jim Ward. “Deb was an invaluable facilitator, engendering trust and helping caregivers focus on their self-care,” says Jim. “She solidified her role as an expert by supporting families struggling with the delicate balance of providing care, while still allowing their loved one to retain autonomy.”

Looking back, both alums agree that CIP provided exceptional training and supervision, and feel that this has been the springboard for their professional careers in health care fields.

“I am thrilled to be back at Senior Access,” says Deb. “They are committed to caregiver well-being and innovative programming for the Club Members, which align with my goals to improve the quality of life for those touched by this disease.” For more information on Deb’s clinical services, see her website at www.drdebnelson.com. For more information on the Senior Access visit their website at www.senioraccess.org.

CLINICAL STAFF

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Robin Joy Berenson, PhD, LMFT

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Paula Sitelman, PsyD
Alex Thomas, LMFT

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POST-DOCTORAL PROGRAMS
Paula Sitelman, PsyD

COORDINATOR, CIP PROFESSIONAL
DEVELOPMENT SERIES
Alex Thomas, LMFT

COORDINATOR, INTERN TRAINING
PROGRAM
Robbin Rockett, PsyD

DIRECTOR OF TRAINING FOR
SUPERVISORS
Paula Sitelman, PsyD

DIRECTOR OF THE CBT AND DBT
GROUP THERAPY PROGRAM
Nancie Jordan, LMFT

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

DIRECTOR OF EATING DISORDERS
PROGRAM & EMBODY POWER
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Joan Valente, PhD

DIRECTOR OF SCHOOLS PROJECT
Sue Kessner, MS, LPCC

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PROGRAM
Sue Kessner, MS, LPCC

DIRECTOR OF DREAMS TRAINING
PROGRAM
Meredith Sabini, PhD

SUPERVISION OF PSYCHOLOGICAL
TESTING PROGRAM
Barbara Nova, PhD

(continued on page 3)

CIP is . . .

Healing individuals

Helping families

Strengthening our community

CLINICAL STAFF *(continued)*

Clinical Supervisors

Sarah Alexander, LMFT
Julie Auslander, LCSW
Lonnie Barbach, PhD
Martin Block, PhD
Jennifer Carri, LMFT
Laura Foster Collins, LMFT
Jane Cunningham, LMFT
Ralph Daniel, PhD
Mark Edwards, LMFT
Leora Fulvio, LMFT
Ann Gordon, PhD
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Annette Holloway, PsyD
A. Raja Hornstein, PsyD
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Jennifer Loyer, LMFT
Shira Marin, LMFT
Robin Mayer, MS, LMFT
Shana Millstein, PhD
Robert Nemerovski, PsyD
Anka Paine, PsyD
Diane Ray, LMFT
Jane Reingold, LMFT
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Joan Robinson, LCSW
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Leah Seidler, LCSW
Ilene Serlin, PhD
Joshua Simmons, PsyD
Paula Sitelman, PsyD
Greg Smith, LMFT
Lizzie Stevenson, LMFT
Steve Sulmeyer, JD, PhD
Priscilla Taylor, LMFT
Maysie Tift, LMFT
Karen Weinberger, LCSW

Intern-Therapists

Nalini Calamur
Jessica Fishburn, MFTI
Lena Grintsaig, MA
Ruth Horton, MA
Kristi Hudson, MA, MFTI
Caroline Keystone, MA, MFTI
Larissa Laska-Ruebusch, MA
Arley Lindberg, MA, MSW
Jason Newman, MA, MFTI
Stephanie Post, MA
Priscille Schwarcz-Besson
Maytal Shalev, MA
Makhetsi Tessien
Ruth Tolly
Michelle Zody, MA

FROM OUR ANNUAL REPORT

In the year ending December 31, 2015:

- CIP delivered over 7,500 hours of mental health services to more than 750 families, children and adults, 62% of whom had monthly household incomes under \$1,200, and 26% monthly household incomes between \$1,200 and \$3,300. More than 82% did not have Medi-Cal.
- Our Schools Project for Disadvantaged Students At Risk provided more than 2,400 hours of individual and group counseling, serving approximately 150 low-income elementary, middle- and high-school students in the San Rafael and Dixie school districts.
- Our intern-therapists delivered more than 1,700 additional hours of school-based programs, through our Wisdom Warriors Groups, Individual Assessment and Resiliency Curriculum. Students included 53 eighth graders, 49 seventh graders, 20 sixth graders, and 67 first and second graders.
- Our outreach programs made available more than 200 hours of counseling for clients at collaborating nonprofits at their facilities to assure greatest access to needed care.
- Twenty-two intern-therapists received approximately 360 hours of specialized training and more than 2,500 hours of individual and group supervision. More than 100 licensed mental health professionals donated their time and expertise as supervisors and trainers, an in-kind contribution of more than \$350,000.
- Our Professional Development Program Series presented two day-long seminars, four half-day classes, and two multi-session study groups for which mental health professionals throughout the Bay Area received continuing education units.
- Our work is accomplished through our longstanding partnerships with other Marin service providers, public and private agencies, and health professionals. We are most grateful to have earned the support of our donors, grantors and sponsors who make this essential work possible.



CIP interns and staff, 2015-2016.

LOVING SPOONFULS

Marin's Soup and Dessert Challenge

We are delighted to announce the return of our all-ages, family-friendly Loving Spoonfuls: Marin's Appetizer, Soup and Dessert Challenge on Saturday, February 11, 2017!



This delightful benefit supports CIP's vital mental health services for families, children and adults. Sponsorship and donor support helps ensure that timely affordable care is available to all, right here in our community!

Sponsor sign-ups are going on now! For more information, contact CIP at admin@cipmarin.org, phone (415) 459-5999 x 100, or visit us online at cipmarin.org.



CIP BOARD OF DIRECTORS

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Kelly Cranmer Valadez

Community Volunteer

Barbara Young

Community Volunteer

Support CIP's work
in the community!

Sign-up for AmazonSmile

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, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com.

CIP will receive 0.5% of your eligible purchases each time you shop Amazon-smile.

Visit smile.amazon.com
to learn more!

A Heartfelt Thank You to Our Donors:

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
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Estate of Dodie P. Gann
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Colleen J. Ralphs Trust
John Dillon Riley

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Business & Community Partnership

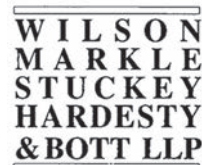
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Thank you to our 2016 Community Cares! Sponsors!

Our 2016 *Community Cares!* sponsors help CIP to bring healing, health and hope of a brighter tomorrow to those in need, including our work in the schools, with young families, and others throughout the community. We are proud to recognize their generous support.



CERTIFIED PUBLIC
ACCOUNTANTS





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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

Save the Date!

Support CIP in the Bay Area Human Race!

Saturday, May 7, 2016, 7:00 a.m. – 11:00 a.m.



Each year, thousands of people of all ages and abilities join the Bay Area Human Race (formerly the Marin Human Race) to raise money for non-profits throughout the county. 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 7, 2016, in the 34th Annual Bay Area Human Race.

Two ways to help: Sponsor Team CIP by making a tax-deductible donation of \$20, \$50, \$100, or whatever you can. Every donation counts! Your gift will go directly to provide needed services for families, children, and adults here in Marin. Visit the CIP Human Race donation page at <https://raceroster.com/events/2016/7175/bay-area-human-race/charity/donate/5280>.

Sign up to be one of the Team! We'll be walking and running the easy 5k course. Find more information at: <http://cvnl.org/bayareahumanrace/>.

PROFESSIONAL DEVELOPMENT PROGRAM

Seminar for Professionals:
EVIDENCE BASED INTERVENTIONS THAT WORK FOR ANXIOUS AND DEPRESSED CHILDREN AND TEENS

Presented By: Daniela Owen, PhD
 Saturday, April 9, 2016, 9 AM – 4 PM
 Location: Embassy Suites, 101 McInnis Parkway, San Rafael, CA 94903

Cost: \$110 early registration fee up to 10 days prior to seminar, \$120 after
 CIP Member Discounts: \$75 early registration, \$85 after

CEs: 6 CE's for MFTs & LCSWs and 6 CE's for Psychologists

CIP 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. Each class 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.