



DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Next month, CIP marks the 40th anniversary of our founding in October of 1977. Our original mission statement includes the following: "We believe that through psychotherapy, training, education, and

prevention, we have a vital role to play in personal and global change."

While psychotherapy and intern training are our primary activities, education is also an integral part of our ongoing operations at every level. Our work with clients involves parenting education, skill-building in resilience and self-care, emotional regulation, and other key life skills for healthier living.

For professionals, we provide continuing education units through monthly Supervisor Trainings and our extensive Professional Development Program, which offers clinicians throughout the Bay Area the opportunity to deepen and expand their professional expertise.

Education often serves as a primary means of problem prevention. We provide some basic information on matters of emotional health on our website, including our checklists for health and short essays on topics such as anxiety and anger management.

We are especially excited to present our day-long conference *Raising Healthy Families: Building Connection, Compassion and Community*. As its name implies, its emphasis will be on problem prevention and finding solutions to the significant challenges facing Marin families, educators, and clinicians today. It is our hope that attendees will gain meaningful insights that will benefit them personally and, through them their families, and our community as a whole. Please mark your calendars for March 3, 2018.

CONFERENCE ON HEALTHY FAMILIES ANNOUNCED

On March 3, 2018, CIP will present *Raising Healthy Families: Connection, Compassion, and Community*, a day-long conference for parents, educators, professionals, and other community members. Co-hosted by the Marin County Office of Education, the event will bring together experts from throughout the Bay Area to address some of the critical challenges facing our families today.

- In a world in which technology gives the illusion of connection, how can we help our children forge real, healthy relationships with themselves and with others?
- How can mindfulness techniques help parents and other adults be more present for the children in their lives?
- How do we teach our children to understand and accept differences and to create a more inclusive community?

The purpose of the conference is to give attendees the information and tools that will empower them to help raise children who are curious, compassionate, and resilient.

Public admission to the conference is \$75. In order to make the event accessible to all, scholarships will be available by pre-registration. In addition to expert presentations, a Resource Exhibition representing community nonprofits and other organizations and businesses will offer information of interest to parents, professionals, and other community members. For more on the conference, and benefits and opportunities for sponsorship, please see page 7 in this newsletter.

REFERRALS, NEW CLIENTS WELCOME

At the outset of the 2017-2018 training year, we have openings for new clients, and welcome referrals of families, couples, and individuals who might benefit from counseling and psychotherapy. Our comprehensive services are available on a sliding scale and we bill Medi-Cal, Partnership Health/Beacon, and Victim's Witness.

We have an outstanding clinical staff, and our intern-therapists have experience and expertise in a wide range of issues and diverse populations. We offer long-term depth psychology as well as short-term counseling, adult therapy groups, and psychological testing. We work with depression, anxiety, trauma, PTSD, co-occurring disorders, addictions, and in-depth work with clients with axis II disorders.

With clients, we emphasize personal strengths and innate resilience, aiding individuals in developing their unique coping skills and connection to what is most of value to them. We help clients articulate and realize the visions of the lives they want to live.

For a list of our onsite services and information about them, please turn to page 5.



INTRODUCING NEW FACES AT CIP

We are delighted to welcome three new staff members to the CIP community. We have asked them to share a little bit about themselves and their work at CIP.

Karen DeVaney, PsyD: Assistant Clinical Director



I am very enthusiastic about joining CIP as an Assistant Clinical Director. I am passionate about teaching, supervising, and supporting psychotherapists-in-training. The opportunity to collaborate as part of a clinical team within a service and learning community is very exciting to me.

I was particularly inspired to join CIP because of its commitment to providing a safety-net within the community by providing quality, affordable, accessible mental health care services through multi-faceted programs and partnerships. CIP's long history of providing clinical training anchored in psychodynamic and analytic theory, as well as its

commitment to providing long-term therapy for those in need also fits well with my professional background and interests.

I received my Master's and Doctoral degrees in clinical psychology from the Wright Institute in Berkeley. Over the past ten years, I have provided psychotherapy and psychological testing services for youth and adults, clinical and assessment supervision for clinicians in training, and have collaborated as part of the clinical management team at Ann Martin Center in Alameda County. In addition, I have coordinated AMC's practicum training and psychological testing programs. My private practice is in Oakland, with a specialty in psychological testing. My clinical interests include integrating mindfulness-based techniques and contemporary neuropsychological research into my clinical work with youth and adults, and providing therapeutically centered psychological testing services.

I deeply appreciate quality time spent with family and friends, and feel very grateful for the access to nature and outdoor activities that living in the Bay Area provides. I am really looking forward to meeting and working with the many individuals whose work contributes generously to CIP's mission.

Wendy McVey, PsyD: Assistant Clinical Director



What are you most looking forward to in your work at CIP? I look forward to the opportunity to learn and grow while supporting and mentoring interns on their journey to becoming competent therapists through CIP's excellent training program and meaningful work; providing psychotherapy to underserved individuals, families and couples.

Tell us about your professional background and clinical interests. My five years of volunteer work for Kaiser Hospice, relieving caregivers in their home, and training with Zen Hospice,

inspired me to leave my career as a Data Analyst in the healthcare industry and enroll in graduate school where I earned my PsyD at JFK University in 2010.

I have a diverse clinical background serving adult, senior, and adolescent clients in various outpatient settings. I have seen clients and supervised interns working with issues such as trauma, grief, end-of-life issues, anxiety and depression, in

CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR
Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS
Karen DeVaney, PsyD
Wendy McVey, PsyD
Leah Seidler, LCSW

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Karen DeVaney, PsyD

COORDINATORS, CIP PROFESSIONAL DEVELOPMENT SERIES
Wendy McVey, PsyD

COORDINATOR, INTERN TRAINING PROGRAM
Wendy McVey, PsyD

DIRECTOR OF TRAINING FOR SUPERVISORS
Karen DeVaney, PsyD

DIRECTOR OF GROUP THERAPY PROGRAM
Dana Horton, LCSW

DIRECTOR OF COUPLES THERAPY PROGRAM
Greg Mayer, LMFT

DIRECTOR OF CBT CONSULTATION GROUP
Joan Valente, PhD

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

DIRECTOR OF SUPPORT FOR SEPARATED AND DIVORCING FAMILIES
Nancy Olesen, PhD

Clinical Supervisors

Sarah Alexander, LMFT
Nick Avila, LCSW
Madhu Batheja, LMFT
Martin Block, PhD
Elyse Boyar, LMFT
Mary Bryan, LMFT
Laurie Buntain, LMFT
Marla Cass, LMFT
Ralph Daniel, PhD

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CLINICAL STAFF *(continued)*

Clinical Supervisors (cont.)

Jacqueline De Lon, LMFT
Lisa Dobias, LMFT
Sara Edrington, PsyD
Mark Edwards, MS, LMFT
Joy Fillman, PhD
Alane Freund, LMFT
Michelle Frisch, MSW, PhD
Silva Hassert, PhD
A. Raja Hornstein, PsyD
Kathy Jarosz, LCSW
Laurie Javier, LMFT
Nancie Jordan, LMFT
Deborah Kamins, PhD
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Joshua Simmons, PsyD
Steve Sulmeyer, JD, PhD
Laura Tabak, PsyD
Maysie Tift, LMFT
Karen Weinberger, LCSW
Amy Wilner, PsyD

Intern-Therapists

Raphael Amir
Victoria Bowers, MA
Nalini Calamur, MA
Louise Franklin
Nora Gift
Yuvonda Gil
Lena Grintsaig, PsyD
Simon Hara
Casey Hinline
Kelsey Hippen, MA
Renee Jeffrey, MA
Cindy Jepsen, MA
Paul Kiritsis, MA
Astrid Koltun
Arley Lindberg, MSW
Caroline Lockett-Corwell, MA
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Zoe Murphy
Maria Narayan
John O'Brien, MA
Chia Okwu
Kira Quinn, MA
Paul Taruskin
Makhetsi Tessien, MA
Darshana Weill

SCHOOLS PROJECT: A YEAR-END REPORT

CIP's Schools Project for Disadvantaged Students at Risk was founded in 1991 to provide counseling at the school site for students at imminent risk of school failure due to urgent emotional and psychological distress. Over the years it has continued to be a highly effective program, positively impacting the lives of hundreds of children and families. Each year, we receive more requests than we can provide. Funding remains a challenge.

The 2016-2017 School Year

Last year, five CIP intern-therapists (3 at Davidson Middle School and 2 at San Rafael High School) each provided approximately 7.5 hours of services on a weekly basis throughout the school year. Each intern-therapist saw between 12 and 20 students for a total of approximately 80 students. The length of treatment varied from student to student, based on his or her individual needs.

In terms of demographics, 20% of students were Caucasian; 70% Latino; 5% African American; 3% Native American; 2% multi-racial. Sixty percent were female and 40% were male.

Where indicated, school personnel referred students for individual assessment, which included information provided by the teacher, child and caregiver. In several cases, the assessments identified students experiencing severe emotional problems. These were referred for additional treatment, including more intensive psychotherapy and psychiatric services. Without CIP's services, these children's illnesses may have gone undetected and untreated indefinitely.

(continued on page 8)

WENDY McVEY, PsyD (CONTINUED FROM PAGE 2)

settings such as partial hospitalization, assisted living facilities, continuation high schools, and community mental health outpatient clinics.

I currently work as a clinician at a start-up in San Francisco, and have a small private practice in Oakland where I provide Mindfulness-Based Psychotherapy, ACT, CBT, EMDR and Animal Assisted Therapy, specializing in working with those experiencing grief, loss, physical illness and caregiver burnout.

I have raised three puppies for Guide Dogs for the Blind. One returned to me I retrained as a Therapy Dog, and have taken him to work with me each week for the last three years, where we both continue to learn and grow.

Elyse Watts: CIP Administrative Manager



I'm a native Texan and grew up near the Mexican border before moving to Austin, then Dallas, and finally finding my way out to the Bay Area. I have two little sisters and two littler nephews in the Dallas area that I adore and try to visit often. Here in the Bay Area, I enjoy, among other things: studying yoga, experimenting in my garden and kitchen, and QT with my husband Tony and cat Calcifer.

I have worked in healthcare administration for over six years now, and was initially drawn to the field by my own experiences. I, my family, and my friends have all struggled to find and afford care of all kinds at critical times.

Mental health is an especially difficult need to fill affordably since it's often not covered by insurance, and out of pocket rates can be too high to allow the regular treatment needed. At CIP, I am inspired by the passion of the staff and volunteer therapists to provide long-term, high quality care.

This agency is a unique and valuable resource that serves a wide demographic in San Rafael and the surrounding Bay Area, and is now in its 40th year. I'm happy to be a part of that, and proud to be able to help keep it running well into the future!

FALL 2017 SCHEDULE

For more information on the topics, learning objectives, and presenter bios, or to register, please visit our Professional Development page at 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: \$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

Location: The Embassy Suites, 101 McInnis Pkwy, San Rafael



HOW TO HAVE DIFFICULT CONVERSATIONS

Daniel Ellenberg, PhD

Saturday, October 7, 2017; 9 am – 4 pm



THE ENNEAGRAM: A POWERFUL TOOL FOR WORKING WITH TRANSFERENCE AND COUNTER-TRANSFERENCE

Karen Van Zino, MD

Saturday, November 4, 2017; 9 am – 4 pm

CLASSES

4 CEs for LMFTs & 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

Location: CIP, 1330 Lincoln Avenue, San Rafael



SOUL AND SPIRIT IN DEPTH PSYCHOTHERAPY

Bryan Wittine, PhD, LMFT

Saturday, September 30; 9 am – 1 pm



TREATING ANXIETY & OCD QUICKLY AND EFFECTIVELY

Dan Kalb, PhD

Saturday, December 2; 9 am – 1 pm

STUDY GROUP

12 CEs for LMFTs and LCSWs and 12 CEs for Psychologists

(Certificates issued after completion of the six sessions.)

CIP Member Rate: \$150 early registration, up to 10 days prior to first session, \$170 after

Non-member Rate: \$220 early registration up to 10 days prior to first session

\$240 after

Location: CIP, 1330 Lincoln Avenue, San Rafael



SOUL AND SPIRIT IN DEPTH PSYCHOTHERAPY: A STUDY GROUP

Bryan Wittine, PhD, LMFT

Fridays, October 13 & 27, November 10 & 17, December 8 & 15, 2017;

10 am – 12 noon

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.

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 \$15 cancellation fee.

SOUL AND SPIRIT IN DEPTH PSYCHOTHERAPY

by Bryan Wittine, PhD, LMFT

With the rise of meditation, prayer and other spiritual practices, and the fact that over 48% of the American population reports having had some kind of mystical or religious experience, is there room in depth psychotherapy for Soul and Spirit? How can we draw upon them to facilitate healing and growth? What do therapists need to know if we are called to offer spiritual guidance? I will offer a Saturday class and Friday morning study group at CIP to address these and other questions.

In my view, the Soul is individualized Spirit, and “Soul-work” is all about what Jung called “individuation,” the process of realizing our potential as unique, talented individual persons functioning in this world. By contrast, “Spiritual work” centers on a longing that seems universal, the heart-felt longing to know our unity with the transcendent Reality we are part of.

In this study group I will address both Soul and Spirit, individuation and transcendence, as dimensions of growth many patients explore as they deepen their journey in psychotherapy.

To enhance our conversations, I will invite us to share clinical material from our own casework. We will also study methods of active imagination for our personal and clinical use. We will look into dual and nondual perspectives on spirituality; archetypal images of Soul and Spirit from East and West; archetypal patterns of soul and spiritual development; spirituality as a defense and defenses against spirituality; and dreams and the contemplative life.

Bryan Wittine, PhD, LMFT, is a Jungian psychoanalyst in private practice in Marin County where he consults with therapists on depth psychology and spirituality. A student of esoteric traditions for nearly 50 years, Bryan has lectured and taught extensively in academic and religious settings, and was co-founder and former chair of the graduate program in transpersonal counseling psychology at John F. Kennedy University. He also teaches regularly at the C. G. Jung Institute of San Francisco on such topics as deepening clinical work, developmental trauma and the soul, and most recently on depth psychotherapy and spiritual inquiry.

COLLABORATIONS IN THE COMMUNITY: CIP OFF-SITE PROGRAMS

CIP's off-site programs assure access to quality care for at-risk populations through collaborations with Marin schools and organizations, thereby reducing overhead and duplication of service.

Downtown Streets Team work program for homeless adults. When ready, team members receive counseling and employment support to transition into permanent employment and housing.

Helen Vine Detox Program provides counseling and support for individuals in the first days of sobriety.

Schools Project for Disadvantaged Students at Risk provides one-on-one and group counseling for students experiencing emotional distress.

Senior Access Program offers one-on-one support to individuals with mild and moderate dementia, a caregiver support group, and therapeutic group activities.

Wisdom Warriors School-based Groups offer discussion and skill-building in resilience and interpersonal relationships.

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 receive a listing in the Annual Membership Directory (if membership completed and information received by September 15, 2017), and are eligible to submit updates about their practices, publications, or workshops.

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

To become a member and/or for complete information on all our 2017-2018 seminars and classes, please see the "Professional Development" page on our website at www.cipmarin.org.

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

CIP ON-SITE SERVICES AND OUTREACH PROGRAMS

CIP provides a full range of services on a sliding scale basis. We are open for appointments from 8:00 AM to 8:00 PM Monday through Saturday. To make an appointment, contact our intake line at (415) 459-5999 ex. 102.

Help for Children, Teens, Adults and Families, the largest and oldest of CIP's programs, is designed to provide maximum access to quality mental health care for disadvantaged individuals and families. Counseling promotes healthy relationships within families; maximizes children's capacity to learn; and addresses problems that compromise self-sufficiency, productivity, and the ability to contribute to a healthy, vibrant community.

Adult Survivors of Childhood Abuse addresses the psychological and emotional needs of men and women who are experiencing difficulties resulting from the physical, emotional, psychological and/or sexual abuse they sustained as children. Survivors have been shown to be more vulnerable to numerous problems, including alcohol and other drug addiction, relationship difficulties, domestic violence, physical ailments, and related issues.

Adult Therapy Groups are offered for men and women interested in a long-term interactional group process of self-exploration and interpersonal learning. Participation helps members improve communication skills, become aware of personal needs and goals, and achieve greater success and satisfaction in work.

Couples Therapy Program draws upon clinically established Emotionally Focused Therapy (EFT) techniques that enable couples to restore open communication and rekindle trust, emotional intimacy, and healing. Among the many issues for which couples may seek help are money, parenting, communication, and intimacy.

Psychological Testing is designed for adults who are currently in therapy at CIP or working with a referring therapist. Client and therapist work together to develop one or more questions, perhaps relating to personal goals, career questions, or relationship issues.

Support for Single Parent Families provides counseling and support to enable single parents, who are often struggling with issues of abandonment, poverty, and abuse, to stabilize their lives, prevent out of home placement, child abuse, and neglect. We help parents to establish safe, nurturing homes for their children and avoid homelessness. Children receive age-appropriate counseling to maximize healthy development and school readiness.

Support for Separated and Divorcing Families focuses on the specific issues facing separated and divorcing families, including the internal psychological issues in each parent and in each child; the dynamic issues that continue to operate in the family after separation; and the issues that arise in the legal system that the parents must negotiate.

A Heartfelt Thank You to Our Donors:

January 1–July 31, 2017

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

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Four Reasons to Support CIP:

- CIP brings hope and healing to families and individuals who otherwise could not afford the care they need.
- CIP safety-net services work locally, in the schools, with other social service agencies, to strengthen our community.
- CIP stops cycles of family violence, abuse, helplessness, and hopelessness.
- CIP relies on the donated services of more than 100 professionals to provide a highly cost-effective solution to a vital community need.

RAISING HEALTHY FAMILIES: BUILDING CONNECTION, COMPASSION, AND COMMUNITY

BECOME A SPONSOR!

All event proceeds will go directly to support CIP's safety-net programs. Through our sliding scale and pro bono services, CIP assures that disadvantaged families and individuals have access to the quality care they need to regain emotional stability and live full, productive lives. By becoming a Community Conference Sponsor, you enable CIP to bring healing, health, and hope of a brighter tomorrow to those most in need in our community.

All **Community Conference Sponsors** will be recognized during our extensive pre- and post-event publicity campaign:

- Our Community Conference webpage with sponsor logos and profiles will be a direct link from CIP's home page.
- Regular Community Conference columns in our print and monthly online newsletters.
- Community Conference press releases to online, print, and social media.

SPONSORSHIP LEVELS:

Advocate \$10,000

- Top listing and acknowledgment in all Community Conference publicity.
- A half-page article with photo in CIP's print and electronic newsletter.
- An eight-foot table in a prominent position at the day-long Resource Exhibition during the conference.

Steward \$5,000

- Prominent listing and acknowledgment in all Community Conference publicity.
- A quarter-page article with photo in CIP's print newsletter.
- An eight-foot table in a prominent position at the day-long Resource Exhibition during the conference.

Partner \$2,500

- Listing and acknowledgment in all Community Conference publicity.
- A profile with photo in CIP's print newsletter.
- A six-foot table at the day-long Resource Exhibition during the conference.

Supporter \$1,000

- Listing and acknowledgment in Community Conference publicity, including CIP's print newsletter.

Early commitments yield the greatest benefits. All funds are due December 1, 2017.

CIP is a 501(c)(3) organization and donations are tax-deductible (ID# 94-2499583).

RAISING HEALTHY FAMILIES CONFERENCE (CONTINUED FROM PAGE 1)

LOCATION:

Marin County Office of Education
1111 Las Gallinas Ave., San Rafael

DATE & TIME:

Saturday, March 3, 2018
8:00 AM – 4:30 PM

KEYNOTE ADDRESS:

Matthew Willis, MD MPH
Public Health Officer

PRESENTERS & TOPICS

Mark Edwards, LMFT: *The Illusion of Connection: Parenting in the Age of Technology*

Grace Fisher, LMFT: *Mindfulness in Parenting: How to Be Present with Our Children*

PANEL DISCUSSION: *Building an Inclusive Community: How to Raise Children Who are Compassionate about Difference*

Panelists:

Pepe Gonzalez, Principal
Laurel Dell Elementary School

Karen Kaplan, Executive Director
Wings Learning Center for Children with Autism Spectrum Disorders,
Executive Director of Oak Hill School

Karen DeVaney, PsyD, Licensed clinical psychologist specializing in child, adolescent, and adult psychotherapy and psychological assessment.

Janna Barkin, Yoga Teacher, Past Preschool Teacher, Certified Childbirth Educator, Founding Member of Ally Moms, Volunteer at the Transgender Law Center, mom of Transgender

RESOURCE EXHIBITION

A Resource Exhibition featuring information and literature from nonprofit and community organizations, and conference sponsors.

Learn more at cipmarin.org.

*“CIP is . . .
Healing individuals
Helping families
Strengthening our community”*



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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

SCHOOLS PROJECT (CONTINUED FROM PAGE 3)

Where possible, CIP intern-therapists also work with caregivers to improve conditions in the home, addressing risk factors contributing to students' distress. Simple strategies, such as all-family meal times, regular schedules with adequate time for homework and sleep, as well as opportunities for family fun, can serve as protective factors.

Program Benefits

Therapy with a trained intern-therapist provides a safe place where troubled children can address their problems and receive the undivided attention of a trustworthy adult who can help them recognize their own strengths and resiliencies, and develop the personal coping strategies and inner resources to overcome their problems.

When students have a counselor to speak to, they feel "heard," experience greater self-worth, and learn to speak up in constructive ways to gain the support they need to focus on learning, friendships, and relationships with family.

A Disturbing Trend

Over the past five years, we have seen unprecedented levels of serious mental disorders among students, including

cutting and other self-harming behaviors. Many students' problems result from chaotic home situations where single parents struggle to meet basic needs, unable to offer the stability and support their children need to focus and learn.

This is part of a larger trend we see among all clients, as the cost of living appears to take its toll on the emotional health of many Marin families and individuals, especially the most disadvantaged. Conflict, substance abuse, broken families, and housing insecurity are common, impacting the mental well-being of adults and children alike.

In response to greater need among student populations, school personnel have urgently requested additional services. Accordingly, CIP will increase the number of intern-therapists providing counseling services from five (5) in 2016-2017 to eight (8) in 2017-2018, to deliver approximately 525 additional service hours and serve an additional 50 children.

