



COMMUNITY NOTES

DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

This September, we are especially excited to be welcoming new faces, looking forward to new educational opportunities for both public

and professionals, and announcing a new creative outreach program, **Share Your Healing Haiku.**

Among the new staff members joining us are Core Staff members, **Brooke Barnett, PsyD,** and **Lisa Dobias, LMFT;** two program directors, **Andrew Copperman, LMFT,** and **Lewis Epstein, LCSW;** and two administrative staff, **Susan Krok** and **Natalie Roberts.** Read more about them below.

We are busily anticipating our second annual *Raising Health Families* community education program. Full details will be featured on our website, our monthly e-newsletter, and the January issue of *Community Notes.*

A number of years ago, CIP held our **Share Your Healing Stories,** for which we invited the public to write brief essays about how therapy had made a difference in their lives. The purpose was to let people know that help for emotional distress is available, and can make profound changes in one's life.

This is the purpose behind our new **Share Your Healing Haiku.** Writing these short poems is a fun brain teaser that, we hope, will also spread the message that healing and health are possible through therapy.

You'll find samples and more details on page 8.



2019 RAISING HEALTHY FAMILIES TOPICS ANNOUNCED

This coming spring, CIP and the Marin Office of Education will co-host our second *Raising Healthy Families* community education program. Presentations by noted Bay

Area experts will offer tools and strategies to empower parents, educators, and other community members to help raise children who are curious, compassionate, and resilient.

Topics will include:

- "Teen Cannabis and Alcohol Use: What Parents Can Do"
- "Embodied Resilience: Mindfulness for Challenging Times"
- "What's Your Story? More Effective Parenting Through Coherent Narrative"
- "Raising Boys to Be Heroes in an Age of Villains"

Rather than one full-day event, as this year, our 2019 *Raising Healthy Families* will offer presentations at three different locations, over several days, to accommodate busy schedules. Admission is free, but attendees must register in advance at cipmarin.org.

Sponsorship Opportunities: We are seeking sponsors to support this important event. Please see details on "Sponsor Benefits," page 7.

NEW OPENINGS FOR CLIENTS, REFERRALS

Each September, we look forward to receiving referrals and welcoming new clients. We take special care in matching each client to the right therapist who will partner with them, so that they can overcome problems, reestablish emotional well being, and realize the vision of the lives they wish to live. We emphasize personal strengths and innate resilience, aiding individuals in developing their unique coping skills and connecting them to what is most of value to them, such as a spiritual practice; volunteering in their community; spending time in nature, in artistic pursuits, or with families and friends.

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. Our comprehensive services are available on a sliding scale and we bill Medi-Cal, Partnership Health/Beacon and CaVCB.

Our outstanding clinical staff has experience and expertise in a wide range of issues and diverse populations. Our services are provided by 22 to 24 pre-licensed therapists, including Pre-Doctoral Students, Licensed Marriage and Family Therapy and Licensed Clinical Social Work Associates, and Practicum Students. Supervision and training are provided by more than 100 licensed mental health professionals who volunteer their time and expertise, assuring the highest level of client care. (Therapy with licensed therapists is also available.)

For more information on the services we provide, please see page 5.

INTRODUCING THE NEW FACES AT CIP

Brooke Barnett, PsyD, Assistant Clinical Director



I'm excited to join the team at CIP this year! I was drawn to CIP based on the agency's passion and commitment to providing culturally responsive, high quality psychodynamic psychotherapy. I enjoy training and supervising students and feel honored to be given the opportunity to mentor new clinicians, and to support them in thinking deeply about their clinical work. Through compassion, humor, and gentle challenge, I strive to create supportive environments where interns and clients feel understood, and where each person can find their own authentic voice.

My areas of expertise include anxiety, interpersonal trauma, PTSD, life transitions for young adults, and issues related to parenting, co-parenting, and disruptions in early attachment. In my private practice I see adults for individual therapy, children in play therapy and/or child-parent psychotherapy, and conduct co-parenting counseling, and family therapy sessions.

Drawing on mindfulness, psychodynamic and attachment theory, my approach is warm, relational, and collaborative. I look forward to sharing my clinical expertise with the community in San Rafael.

Lisa Dobias, LMFT, Assistant Clinical Director



I look forward to becoming a part of the CIP team as an Assistant Clinical Director. I have been volunteering as a supervisor here for the last year and a half, and I'm impressed by the care and thoroughness invested in the interns here at CIP. Being an intern-therapist can be such a trying time, and being able to supervise and assist them on their journey is a great adjunct to my work as a therapist.

I attended grad school and received a Master's degree in Counseling from Sonoma State University. I worked through my internship at SOS Counseling Services in Sonoma County, where I provided counseling to a diverse population. We worked with underserved clients

from all walks of life, including those who were court-mandated, low-income and clients referred from substance treatment centers.

My training was great preparation for private practice. I am in private practice in Marin and see a variety of clients. My focus is on integrating psychodynamics with body-awareness and breathwork, and integrating the right therapy at the right time incorporating integrated therapies. I worked on the Marin suicide hotline and trained in their grief therapy and support program, and provided grief therapy services. I have trained in EFT couples therapy. I work with teens, adults, elders and couples.

I'm a big believer in the healing power of nature and exercise, and spend many hours hiking in Marin with my golden retriever. Nature never fails to relieve stress and center me. Our bodies are great communicators and take charge at times to let us know when we need to make changes. My family and friends are important to me, and my husband and I love to entertain them.

I am excited to get to know the CIP team and to work with them to provide a solid experience for the interns. Working at CIP is a great way to give back to the community at large and I am happy to have the opportunity to do so.

CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR
Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS
Brooke Barnett, PsyD
Lisa Dobias, LMFT
Leah Seidler, LCSW

DIRECTOR OF PRE-DOCTORAL AND
POST-DOCTORAL PROGRAMS
Brooke Barnett, PsyD

COORDINATOR, CIP PROFESSIONAL
DEVELOPMENT SERIES
Lisa Dobias, LMFT

COORDINATOR, INTERN TRAINING
PROGRAM
Brooke Barnett, PsyD

DIRECTOR OF TRAINING FOR
SUPERVISORS
Lisa Dobias, LMFT

DIRECTOR OF GROUP THERAPY
PROGRAM
Lew Epstein, LCSW

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

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

Clinical Supervisors

Sarah Alexander, LMFT
Martin Block, PhD
Elyse Boyar, LMFT
Mary Bryan, LMFT
Laurie Buntain, LMFT
Ralph Daniel, PhD
Jacqueline De Lon, LMFT
Lisa Dobias, LMFT
Mark Edwards, MS, LMFT
Jennifer Fickling-Loyer, MA, LMFT
Joy Fillman, PhD
Alane Freund, LMFT

New Faces at CIP (continued on page 3)

(continued on page 3)

CLINICAL STAFF

Clinical Supervisors (cont.)

Michelle Frisch, MSW, PhD
Ann Gordon, PhD
Lilly Hanson, LMFT
Annette Halloway, PsyD
A. Raja Hornstein, PsyD
Dana Horton, LCSW
Laurie Javier, LMFT
Nancie Jordan, LMFT
Deborah Kamins, PhD
Steven Kruszynski, LMFT
Wendy Labov-Dunne, MA, MFT
Drew Lamden, LCSW
Marty Lawlor, LMFT
Susan Lourne, LMFT
Melinda Ann Marmer, PhD, LMFT
Matthew Morey, LMFT
Jennifer Norstrom, LMFT
Diane Ray, LMFT
Jeana Reynolds, LMFT
Joan Robinson, LCSW
Robbin Rockett, PsyD
Fred Rozendal, PhD
Katharina Sandizell, MA, LMFT
Leah Seidler, LCSW
Steve Sulmeyer, JD, PhD
Laura Tabak, PsyD
Maysie Tift, LMFT
Lesley Van Voorhees, LCSW
Karen Weinberger, LCSW
Amy Wilner, PsyD

Intern Therapists

Practicum Students

Yoika Danielly
Eric Hanley, MA
Samuel Hinds, MA

MFT Trainees

Raphael Amir
Nalini Calamur, MA
Lorena Cervantes, MA
Simon Hara
Robert Jackson
Paul Taruskin

Registered AMFTs

Louise Franklin, MA
Casey Hineline, MS
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 Grintsraig, PsyD

Andrew Copperman, LMFT, Program Director, Emotionally Focused Therapy Couples Program



What drew you to CIP?

I am impressed with CIP's focus on and commitment to training. I have known of CIP for more than 15 years, and I am aware of the good reputation it holds in the therapeutic community. Any non-profit that survives for more than 40 years has to have very dedicated people working hard and a concept that has endured.

What are you looking forward to in your work at CIP?

I am excited about teaching Emotionally Focused Therapy (EFT) couples method. It is a powerful modality and one that demands a great deal from the therapist. I have seen how this work with couples has made such a wonderful difference in their lives. I am looking forward to connecting with my interns and helping them with the process of learning EFT.

Tell us about your professional background and clinical interests.

EFT is my therapeutic home and identity as a therapist. The powerful focus on attachment makes so much sense to me and I see it operating in my life as well as the best way to help my clients. I have two specialties, EFT couples therapy and addiction treatment. In addition to my private practice, I am the program coordinator for a two-year transitional housing program for Homeward Bound of Marin.

Tell us about your personal interests.

I have lived in Marin for most of my life and have raised my three children here. I am an avid tennis player and amateur cook. Prior to becoming a therapist, I worked for many years in finance and I still enjoy following the stock market.

Lewis Epstein, LCSW, Director of Group Psychotherapy



I am looking forward to my role as the Director of Group Psychotherapy and the opportunity to work with interns and the CIP staff. I view every professional experience as a chance to learn something new and also to share some of my knowledge, clinical skills and life experience with others. I am a licensed clinical social worker with more than forty years of work in the field of psychotherapy. I am also the father of two daughters who live in the Bay Area and the grandfather of a two-year-old and six-year-old who help to keep me active and fit.

I am currently in private practice with an office in Mill Valley but I continue working with clients who know many years in New York City and New Jersey. As I was developing my private practice, I worked at Hillside Psychiatric Hospital in Queens, NY, and for the Committee on Special Education in New York City, from 1984 through 2001, counseling children with special needs and placing them in educational settings. I have also worked with the New York City Police Department counseling cops with substance abuse problems, and at the time of the World Trade Center attacks in 2001, offered help to first responders suffering from post traumatic stress.

I have taught courses on the graduate level in case work and child development at Hunter College School of Social Work, my alma mater, and I offer workshops and seminars for teachers and parents on limit setting, co-parenting and anxiety. My private practice is composed mostly of couples in crisis, but I also have extensive training in Cognitive Behavioral Therapy, EMDR, hypnotherapy, parenting techniques, and anger management.

As the new director of group psychotherapy at CIP, I am inspired by the challenge of supervising interns in developing groups that can offer clients life changing experiences. As the author of *Coaching for Fatherhood* (1996) and a revised second edition in 2007, I look forward to the formation of a men's group as a way of helping men realize their emotional and relational potentials.

(continued on page 5)

PROFESSIONAL DEVELOPMENT SERIES 2017-2018

FALL 2018 SCHEDULE

For a complete listing of all programs and 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.

SEMINAR 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



WORKING INTERSUBJECTIVELY WITH DEVELOPMENTAL TRAUMA AND TRAUMATIC ATTACHMENTS: TOOLS FOR TRANSFORMATION

Jane Rubin, PhD

Saturday, September 22, 2018; 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



THE MEANING AND VALUE OF SUFFERING IN JUNG'S PSYCHOLOGY

Bryan Wittine, PhD, LMFT, and Maria Ellen Chiaia, PhD, LMFT
Saturday, November 3, 2018; 10:00 am – 2:00 pm



THE POWER OF MINDFULNESS AND COMPASSION TO REWIRE OUR BRAINS

Shauna Shapiro, PhD

Saturday, December 1, 2018; 10:00 am – 2:00 pm

STUDY GROUPS

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



DEPTH PSYCHOTHERAPY AND SPIRITUAL INQUIRY

Bryan Wittine, PhD, LMFT

12 sessions, the second and third Fridays of the month: Sept. 14 & 21, Nov. 9 & 16, Dec. 14 & 21, 2018; Jan. 11 & 18, Feb. 8 & 15, Mar. 8 & 15, 2019; 10 am – 12 noon.

24 CEs for LMFTs and LCSWs and 24 CEs for Psychologists
(Certificates issued after completion of the 12 sessions.)

CIP Member Rate: \$300 early registration, up to 10 days prior to first session, \$320 after
Non-member Rate: \$440 early registration, up to 10 days prior to first session, \$460 after



WORKING INTERSUBJECTIVELY WITH DEVELOPMENTAL TRAUMA AND TRAUMATIC ATTACHMENTS: A CASE-BASED APPROACH

Jane Rubin, PhD

Eight sessions, the third Friday of the month: Oct. 19, Nov. 16, Dec. 21, 2018; Jan. 18, Feb. 15, Mar. 15, Apr. 19, May 17, 2019; 12:30 – 2:30 pm

16 CEs for LMFTs and LCSWs and 16 CEs for Psychologists
(Certificates issued after completion of the eight sessions.)

CIP Member Rate: \$200 early registration, up to 10 days prior to first session, \$220 after
Non-member Rate: \$280 early registration, up to 10 days prior to first session, \$320 after

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, 2018), and 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 2018-2019 seminars, classes, and study groups, please see the "Professional Development" page on our website at 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.

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

CIP SERVICES: STRENGTHENING FAMILIES, HEALING INDIVIDUALS

CIP programs are designed to assure maximum access to timely, affordable mental health services so that individuals and families can obtain the help they need. Our comprehensive care enables clients to make the changes they need to overcome distress and regain emotional well-being.

CIP staff are highly skilled in working with families and children to address the root causes of problems. We work with parents to develop healthy attachment and bonding, including addressing risk factors in the home environment to reinforce healthy child development. Children receive age-appropriate counseling, focusing on protective factors and inner resources to enable them to achieve healthy emotional development and academic success. We help individuals identify life choices that reinforce positive change for themselves and their families.

Among the issues for which CIP clients seek therapy are:

- Anxiety, fear, panic, stress
- Child and adolescent concerns
- Depression
- Domestic violence
- Gender issues
- Health concerns
- Loss, grief, and bereavement
- Major life changes and transitions
- Parenting and family issues
- Physical, sexual, and emotional abuse
- Relationship problems
- School-related issues
- Substance abuse, addictions and recovery issues
- Trauma
- Work and career issues

Referrals for concrete services—such as medical care, substance abuse treatment, legal and financial aid, child care, and safe housing—are provided through an extensive community network.

Through our comprehensive services, clients are given the resources they need to achieve their goals—to return to school, find a job, and build better relationships—to enjoy a healthier, more fulfilling lives.

INTRODUCING THE NEW FACES AT CIP

(CONTINUED FROM PAGE 3)

Susan Krok, Administrative Manager

I am excited by the opportunity to be part of CIP, which provides much-needed services to the community. I enjoy the collaborative nature of the work and being close to core operations where I can make a positive impact. I look forward to contributing to the success of the interns and to CIP as a whole.



Living a life aligned with my values and doing work that I find meaningful are essential for me. My career path and personal pursuits have always revolved around health-oriented businesses and endeavors. Working at CIP is an extension of my interest in holistic health and helping others create a life of balance physically, mentally and spiritually.

Along with my interest in natural health, I possess a lifelong passion for creating nutrient-dense, gourmet vegan dishes. I owned a catering business for a number of years, and hosted many vegan supper clubs at my home. Additionally, I enjoy making my own all-natural beauty products, comprised of the purest and simplest ingredients. When I'm not creating, I'm out exploring natural beauty or new travel destinations. I recently moved to San Rafael and am excited to be part of the community and explore the endless outdoor activities and beauty that Marin has to offer.

Natalie Roberts, Administrative Assistant

Natalie's background in Marketing and Event Management combines with her innate ability to be organized and provide fresh, innovative ideas to the organization.

She's traveled the world with Fortune 500 companies, providing exceptional experiences for her clients. She's working towards completing her BA from University of San Francisco and concurrently obtaining a specialized certification in Digital Marketing.



Natalie is a native of Marin County, where she loves the outdoors and spending time with family and friends. She lives in San Rafael with her boyfriend and their three amazing doggies. Natalie is thrilled to join the CIP team and looks forward to sharing her enthusiasm, healthy lifestyle, and joy of helping others in her community.

A Heartfelt Thank You to Our Donors

October 2017 – July 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

Seth Barad
Nancy Bertelsen
Lorn Dreitzler
Bob Gebron
Jeanne and Richard Hannan
Colleen J. Ralphs Trust

Circle of Friends

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James Edward Phoenix
Kenneth Perlmutter
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Hanna Skopczynska
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Marianne & Stan Stefancic
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Grantors

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Unity in Marin

Raising Healthy Families 2018 Sponsors

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MUFJ Union Bank
San Rafael Elks Lodge #1108
Scott Muldavin & Susanne Ragen
Sunny Hills Services
Wilson, Markle, Stuckey, Hardesty & Bott, LLP
Wordsworth

CIP VALUES OUR VOLUNTEERS!

Serving the community for more than 40 years, CIP relies on the support of professional and community volunteers to make our work possible. You can help CIP by signing up for one of the following:

Our Professional Development Program Committee generates and organizes the Seminars for Professionals and the Advanced Clinical Case Conferences; members work with a CIP Core Staff Member.

Our Raising Healthy Families Community Education Program Committee generates and organizes educational materials and presentations for parents, educators and other community members.

Our Event Planning Committee helps with fund raising events and participates on the Sponsor, Auction, or Food/Beverage Committees.

Our Development Committee helps with fundraising strategies and campaigns, and donor liaison.

Our Alumni Committee organizes alumni events and solicits information for "Alumni Notes" in the quarterly newsletter.

Volunteer at Large: Can't make a commitment right now? We can let you know when there's a need.

CIP Board of Directors

Stan Stefancic, Secretary
Trista Akers, MA
Barbara Barash, MS
Beth Case
Bob Gebron
Sharon Delfino Green, Esq.
John Dillon Riley, PhD
Ricky L. Spencer, Jr.

SPONSOR SPOTLIGHT:

**“A DEEP COMMITMENT
TO OUR COMMUNITY”**

FIRST FEDERAL
SAVINGS & LOAN OF SAN RAFAEL

CIP gratefully acknowledges First Federal Savings and Loan of San Rafael for their generous sponsorship of our 2019 *Raising Healthy Families* community education series at the Partner level.

“We believe that customers are best served when decisions are made at the local level by people who understand the area’s unique needs and values,” states First Federal President and CEO Paul Simmons. “Quality service and a deep commitment to our community have been guiding principles since we were established in 1963. With the highest level of safety, stability, and service in mind, we have a deep appreciation of the trust that our customers put in us. Our mission:



“First Federal is committed to being a superior community financial institution, offering real estate financing and deposit services at fair and competitive rates, while adhering to the highest standards of business ethics, safety, and excellence in service.”

“We do banking on a first-name basis with a knowledgeable and friendly staff who understand our customers’ financial needs. From this perspective, responsible decision making on the local level, while carefully evaluating the risks, is what defines our standard business practice.”

CIP thanks First Federal Savings and Loan of San Rafael for their sponsorship and ongoing support of CIP and our work in the community.



Each year, CIP delivers quality, affordable mental health services to hundreds of vulnerable disadvantaged families, adults, and children, providing a critical safety-net in our community. By becoming a *Raising Healthy Families* Sponsor, you enable CIP to continue to bring healing, health, and hope of a brighter tomorrow to those most in need in our community.

All event proceeds go directly to support CIP’s safety-net programs.

Every *Raising Healthy Families* Sponsor will be recognized during a year-long publicity campaign:

- Our *Raising Healthy Families* webpage with sponsor logos will be a direct link from CIP’s home page.
- Regular *Raising Healthy Families* columns in our print and monthly online newsletters.
- *Raising Healthy Families* press releases to online, print, and social media.

Advocate \$10,000

- Top listing and acknowledgment in all *Raising Healthy Families* publicity.
- A half-page article with photo in CIP’s print and electronic newsletter.

Steward \$5,000

- Prominent listing and acknowledgment in all *Raising Healthy Families* publicity.
- A quarter-page article with photo in CIP’s print newsletter.

Partner \$2,500

- Listing and acknowledgment in all *Raising Healthy Families* publicity.
- A profile with photo in CIP’s print newsletter.

Supporter \$1,000

- Listing and acknowledgment in all *Raising Healthy Families* publicity, including CIP’s print newsletter.

To sign up, please visit www.cipmarin.org and download the “Sponsor Response Form.” *Early commitments yield the greatest benefits. All funds are due December 1, 2018.*

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



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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

SHARE YOUR HEALING HAIKU!

Beginning this month, CIP is launching our **Share Your Healing Haiku**. We invite you to use this unique poetry form to share how psychotherapy or counseling has made a difference in your life. Our intent is to help people understand the value of therapy and reduce the stigma that often surrounds mental health issues.

We will publish as many healing haiku as we can in our online newsletter. Everyone who submits a poem will be entered into a raffle drawing for a \$100 gift card on November 7.

Haiku is a Japanese verse form consisting of seventeen syllables in three unrhymed lines of five, seven, and five syllables. Here are some examples:

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

Submit one or more haiku via email to admin@cipmarin.org with subject line, "Haiku." Deadline: October 31.

CHECK OUT OUR NEW WEBSITE!

Cipmarin.org has a new look and up-to-date information! Visitors to the site can:

- Request an intake appointment
- Learn about our comprehensive services, personnel, and facilities
- Read about and sign up for our Professional Development programs
- Keep up to date on *Raising Healthy Families* and other special events
- Browse our extensive Education and Prevention materials, including our "Checklists for Health"
- Access our Resources and Referrals Directory
- View past issues of *Community Notes*