



# COMMUNITY NOTES

## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Please join us for our third annual **Loving Spoonfuls: Marin's Appetizer, Soup, and Dessert Challenge** on Saturday, January 26. We are very excited to have such a great line-up of challengers and expert judges, plus the fun of a silent auction and raffle. Mark your calendars and bring along your family and friends! Read more throughout this newsletter.

Like so much of what we do at CIP, Loving Spoonfuls is about community and connection. We are grateful to the fine restaurants, sponsors, judges and volunteers who come together to make this dazzling once-a-year event possible. Of course it's you, the attendees, who come to enjoy the delicious entries and cast your votes that make it all worthwhile.

Beyond the fun, however, your attendance and auction purchase, or donation through our annual Giving Letter campaign, helps assure that CIP's services are available all year long. Your support means that timely, affordable help is there when a crisis looms, a family falters, or a child needs someone to listen.

We all need connection. A meaningful life is a flux of giving and receiving, drawing strength from our interdependence. Emotional pain isolates individuals and families from sustaining relationships, compromising quality of life, shutting out possibilities and potential. CIP's quality services restore health and connection, enabling people find their place within the community circle.

Thank you so much for your support!

*There is so much you can make possible. . . .*

Dear Friends:

Day after day, CIP clinical staff carry out some of the most important work imaginable: replacing emotional pain and distress with healing and hope, changing lives for the better, and making a lasting difference that ripples outward into homes, classrooms, workplaces, and beyond.

CIP was founded 35 years ago with the simple mission to provide quality services on a sliding scale so that everyone can afford the help they need, when they need it, regardless of their ability to pay. Last year, more than 750 families and individuals turned to CIP, 89% of whom had household incomes of \$36,000 or less.

Because of our exceptional cost-effectiveness, CIP offers the lowest fees in Marin. The donated services of more than 100 dedicated professionals — more than 4,500 hours each year — assure quality care at the least cost. Our partnerships with The Ritter Center, Canal Alliance, Senior Access, Helen Vine Detox Center, and Marin public schools assure maximum access for special needs, without extra overhead expenses.

In these days of economic uncertainty and dwindling public resources, CIP's effective, cost-efficient services have an even greater role to play, offering an essential safety-net for the most vulnerable and disadvantaged in our community.

*Our need for your support is greater than ever before.* Community donations make our important, life-changing work possible. Every dollar you donate goes directly to provide expert, quality care to those who otherwise could not afford it.

There is so much you can make possible — for a family in turmoil, children struggling in school, individuals looking for a way back to self-sufficiency and hope. Please help us in this most important work, supporting health and healing, strengthening our community for today and into the future. Please give as generously as you can.

Thank you.

Sincerely,

Robin Joy Berenson, PhD, LMFT  
Executive & Clinical Director

P.S. For donations of \$100 or more, you'll receive two free tickets to our 2013 **Loving Spoonfuls: Marin's Appetizer, Soup & Dessert Challenge**, Saturday, January 26.

# COUPLES THERAPY PROGRAM UPDATE

by Marianne Haissman Stefancic, LMFT, and Pat Shelton PhD, LMFT



Marianne Haissman Stefancic, LMFT.

We are well into the couples therapy program at CIP with an excellent group of enthusiastic interns eager to learn the “hands-on” and “how-to” of the Emotionally Focused Therapy (EFT) approach for couples. We welcome **Pat Shelton, PhD, LMFT**, on board to co-direct, teach and supervise the program with **Marianne Haissman Stefancic, LMFT**. Pat is a wise and experienced therapist, trainer and supervisor in Marin County and has a lot of expertise to offer CIP.

Interns are trained in the EFT approach, which is deeply rooted in attachment theory. They learn to see couples’ repetitive, negative interaction cycles as manifestations of separation protest and attachment insecurity, and to be aware of the unmet attachment needs that lead to these cycles.

The structured EFT approach delineates three stages and nine steps. The stages are: de-escalation, restructuring the bond, and consolidation. This format helps interns understand there is a logical sequence for delineating, intervening and working through negative interaction cycles in the first stage, and enhancing the couple’s bond in the second stage.



Pat Shelton, PhD, LMFT.

Interns learn to see the couple’s relationship is the client. They help partners to view the negative cycle as their common “enemy,” understand how they both participate in and co-create the negative spin, and discover how to step out of it by discussing and owning what each contributes to the cycle.

The interns are currently learning the steps to deescalate couples’ negative cycles, reframing them as rooted in and scripted by unmet attachment needs, attachment fears and negative self-perceptions. Underneath secondary emotions of anger and contempt are vulnerable primary emotions. For example, one partner may express feeling lonely and unimportant to the other partner, who feels a sense of inadequacy and withdraws; this triggers anger, criticism, and nagging pursuit, which in turn leads the other partner to further numb or withdraw with a deep sense of inadequacy. Core negative self-perceptions are triggered. Secondary emotions cover the underlying sense of vulnerability.

Thus, one person’s position in the cycle not only reflects his or her experience but also creates it. In this systemic reframing approach, a partner’s critical pursuit is seen as an attempt to connect with the other in order to close the distance in the relationship. The other partner’s numbed, often frozen, withdrawal behavior is seen as an implicit attempt to protect and calm the relationship down. These reframes promote the creation of better understanding and compassion for each other during negative cycles; they deepen self- and other-awareness; and they prime partners to form more secure bonds by sharing vulnerable inner experience.

The systemic reframe is an empathic intervention that takes the edge off the blame system while nurturing greater motivation for self-reflection and owning defensive, self-protective positions. In this way emotional safety is created, which furthers the discovery of the underlying emotions and needs that drive the defensive cycle. Doing so also leads the way to developing deeper trust and security.

For further information about Emotionally Focused Therapy, please contact [www.iceeft.com](http://www.iceeft.com) as well as the local chapter [www.nceeft.com](http://www.nceeft.com)

*(continued on page 3)*

## CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR  
Robin Joy Berenson, PhD, MFT

ASSISTANT CLINICAL DIRECTORS  
Mark Edwards, MS, MFT  
Cynthia Kessler, PhD  
Paula Sitelman, PsyD

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

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

COORDINATOR, INTERN TRAINING PROGRAM  
Cynthia Kessler, PhD

COORDINATOR, TRAINING FOR SUPERVISORS  
Paula Sitelman, PsyD

DIRECTOR OF ADULT GROUP THERAPY PROGRAM  
Walter Stone, MD

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

DIRECTOR OF IMAGERY, MINDFULNESS & MOVEMENT PROGRAM  
Ilene Serlin, PhD

DIRECTOR CANAL ALLIANCE SUPPORT PROGRAM  
Lori Rifkin, PhD

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

DIRECTOR OF SCHOOLS PROJECT  
Jean Hayes, PhD, MFT

DIRECTOR OF SUBSTANCE ABUSE OUTREACH PROGRAMS  
Belinda Ryland, MFT

SUPERVISION OF PSYCHOLOGICAL TESTING PROGRAM  
Barbara Nova, PhD

*(continued on page 3)*

### CIP WISH LIST

- Comfortable chairs for therapy.
- High volume, heavy duty shredder.

## CLINICAL STAFF (con't)

## Clinical Supervisors

Michael Aanavi, PhD, LAc  
 Barbara Adamich, LCSW  
 Sophia, Amargi, MFT  
 Martin Block, PhD  
 Eileen Cohune Brown, LMFT  
 Heather Burns, LCSW  
 Beth Cassel, MFT  
 Laura Foster Collins, MFT  
 Jane Cunningham, MFT  
 Cara deVries, MFT  
 Susan Edelstein, PhD, PsyD  
 Sheva Feld, PhD  
 Sue Fleckles, PhD  
 Susan Pease Gadoua, LCSW  
 Elena Gonzales, PhD  
 Bernice Goodwin, PsyD  
 Ann Gordon, PhD  
 Margaret Kirschner, PsyD  
 Hollie Hannan, PhD, MFT  
 Diane Harnish, PhD  
 Meghan Harris, PsyD  
 Amy Horn, MFT  
 David Howard, PsyD  
 Kathryn Hughes, LCSW  
 Shira Marin, MFT  
 Myriam Martinez, MFT  
 Robin Mayer, MA, MFT  
 Shana Millstein, PhD  
 Robert Nemerovski, PsyD  
 Bob O' Brien, MFT  
 Kevin Orzech, PsyD  
 Diane Ray, MFT  
 Jane Reingold, MFT  
 Eric Reitz, PhD  
 Jeana Reynolds, MFT  
 Jennifer Rice, PhD  
 Joan Robinson, LCSW  
 Frederick G. Rozendal, PhD  
 Belinda Ryland, MFT  
 Janelle Salah, LMFT  
 Ellen Sanford, MFT  
 Leah Seidler, LCSW  
 Joshua Simmons, PsyD  
 Gregory Smith, MFT  
 Joan Sommer, PhD  
 Matt Spalding, PsyD, EdM  
 Susan Steele, MFT  
 Steve Sulmeyer, JD, PhD  
 Priscilla Taylor, PhD, MFT  
 Jessica Tsukahara, RN, MFT  
 Rue Whittaker, MA, MFT

## Intern-Therapists

Elyse Boyar, MA  
 Alan Camardo, MA  
 Amy Dineen  
 Reynold Fujikawa  
 Tammie Grant  
 Ian-Michael Hebert  
 Alison Hoffman, MA  
 Kristie Isaacson, MA  
 Jacob Kaminker, PhD  
 Daniela Koromzay  
 JoAnne MacTaggart, MA  
 Katie Mersereau, MA  
 Vanessa Morrison  
 Deb Nelson, MA  
 Michael, Newmark, MA  
 Cameron Osborne  
 Lisa Plopa, MA  
 Alley Ramon  
 Duncan Riach, MA  
 Cary Ann Rosko  
 Johanna Svedberg Lafferty, ma  
 Eva Tuschman  
 Lesley Van Voorhees, MSW  
 Tamsin Woodmason, MS

## CIP PROGRAMS

## ON-SITE PROGRAMS

Services provided on a sliding scale.

- Individual and Family Therapy
- Adult Therapy Groups
- Couples Therapy Program
- Eating Disorders Therapy Program
- Psychological Testing
- Support for Single Parents and their Children
- Support for Survivors of Childhood Abuse

## OFF-SITE PROGRAMS

CIP works in collaboration with other established Marin service organizations to more effectively meet the needs of vulnerable populations. Services provided pro bono.

- Canal Alliance After School Youth Counseling
- Free to Be: School-based Mindfulness, Imagery, and Movement Therapy Groups
- Helen Vine Detox Project
- Marin Alliance for Psychiatric Services
- Ritter Center Program
- Senior Access Program
- The Schools Project for Disadvantaged Students at Risk

## COUPLES THERAPY PROGRAM, CONTINUED FROM PAGE 2

**Marianne H. Stefancic LMFT, ATR-BC**, has been in private practice since 1982. She was a founding member of CIP and has taught and supervised at CIP since then. She started CIP's Couples Therapy Program in 2000 and directed, taught theory, and supervised interns until 2011 when Pat Shelton, PhD, LMFT joined as co-director of the program. Marianne has lectured and supervised at several universities in the Bay Area. She has a depth psychodynamic and Jungian approach to psychotherapy, and has advanced training and EFT supervision completed.

**Pat Shelton, PhD, LMFT**, has been a psychotherapist, consultant, teacher and supervisor for over 25 years. She has a PhD in Marital and Family Therapy, and is an Advanced Practitioner in Emotionally-Focused Couples Therapy and a CAMFT-certified supervisor. A specialization of hers is helping couples recover from extramarital affairs. In her work with individuals, she integrates attachment, developmental theory and relational psychodynamic methods.

Pat was an adjunct faculty member in the doctoral program in Counseling Psychology at Argosy University and in the MFT Masters' degree program at Dominican University, and she taught CEU supervision courses for Alliant. She was the couples therapy consultant at the Family Service Agency of Marin, and the clinical consultant for their Services for Addiction Recovery team for many years. She continues to lead a long-term ongoing consultation group for experienced therapists.

Currently, Pat is chair of the Board of the Northern California Community for Emotionally Focused Therapy. She is on the Clinical Editorial Committee for CAMFT's journal, *The Therapist*, and is a past president of Marin CAMFT.

# PROFESSIONAL DEVELOPMENT SERIES 2012–2013

Please visit [www.cipmarin.org](http://www.cipmarin.org) and click on “Professional Development” for complete course descriptions, presenter bios, and registration. Or call (415) 459-5999x101 or email [admin@cipmarin.org](mailto:admin@cipmarin.org).

CIP is approved by the American Psychological Association to sponsor continuing education for psychologists. CIP maintains responsibility for these programs and their 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 \$10 cancellation fee.

## SEMINARS FOR PROFESSIONALS



### **A Practical Guide to Incorporating Mindfulness in Psycho-dynamic Psychotherapy: Increasing Depth, Awareness and Connection** with Rob Fisher, MA, LMFT

Saturday, February 23, 2013, 9:00 AM – 4:00 PM

Town Center Community Room, Corte Madera

6 CEs for MFTs, LCSWs, and Psychologists.

CIP Members: \$75 early registration, \$85 after February 9; Non Members: \$110 early registration, \$120 after February 9.



### **Tailoring Treatment to Attachment Styles with AEDP: Healing Trauma in Individuals and Couples** with David Mars, PhD, LMFT

& Karen Pando-Mars, LMFT

Saturday, April 27, 2013, 9:00 AM – 4:00 PM

Town Center Community Room, Corte Madera

6 CEs for MFTs & LCSWs, 6 CEs approved for Psychologists.

CIP Members: \$75 early registration, \$85 after April 13; Non Members: \$110 early registration \$120 after April 13.

## STUDY GROUPS & CLASSES



### **Exploring the Visual Language of the Unconscious** with Jane Zich, MFA, PhD

Three Mondays: January 28, February 4 & 11, 2013 4 PM– 6 PM

CIP Group Room, 1330 Lincoln Avenue, Suite 201, San Rafael

6 CEs for MFTs, LCSWs and Psychologists.

CIP Members: \$75 early registration, \$85 after January 14;

Non Members: \$110 early registration, \$120 after January 14.



### **Ink: The Tattoo in the Consulting Room** with Jane Reynolds, PhD; Sue von Baeyer, PhD; & Jenessa Radocchio, LCSW

Saturday, February 2, 2013 9:00 AM – 1 PM

CIP Group Room, 1330 Lincoln Avenue, Suite 201, San Rafael

4 CEs for MFTs, LCSWs, and Psychologists.

CIP Members: \$50 early registration, \$60 after January 20;

Non Members: \$75 early registration, \$85 after January 20.



### **Applying Interpersonal Neurobiology in the Clinical Setting: Treating Severely Disturbed & Violent Children & Adolescents** with Linda Chapman, MA, ATR-BC

Saturday, March 2, 2013 9:00 AM – 1:00 PM

CIP Group Room, 1330 Lincoln Ave, Suite 201, San Rafael

4 CEs for MFTs, LCSWs, and Psychologists.

CIP Members: \$50 early registration, \$60 after February 16;

Non Members: \$75 early registration, \$85 after February 16.

## MEMBER UPDATES

Susan Pease Gadoua, LCSW's, third book, *The Top Ten Misguided Reasons to Stay In a Bad Marriage*, is available from [www.ChangingMarriage.com](http://www.ChangingMarriage.com). Susan is also producing a webinar series on marriage and divorce. Topics include, getting “Marriage Whys”™, how to break bad relationship habits, contemplating divorce, navigating divorce, life post-divorce and more.

Jacob Kaminker, PhD, CIP post-doctoral psychological assistant, has joined the Core Faculty in the Holistic Counseling Program at JFK Univ., working clinically with individuals, couples, and families. Specialties include life transitions, end-of-life issues, anxiety, trauma, compulsions. Therapy may include engagement with dreams, symbolism, spiritual and religious issues. Under the supervision of Paula Sitelman, PsyD (PSY 9569).

Margot Kirschner, PsyD, has opened her practice in Hayes Valley. She is interested in the use of therapy as a way to enhance creativity and personal growth. Call (415) 248-1828 or email [margot-kirschner@gmail.com](mailto:margot-kirschner@gmail.com)

Meredith Sabini, PhD, director of The Dream Institute in Berkeley and dream consultation specialist, now has offices in San Rafael and Santa Rosa, offering individual consultation as well as dream groups. Contact her at her Berkeley office: (510) 849-8511.

Ilene Serlin, PhD, will lead an APA International Study Tour to Israel April 17-24, 2013, visiting trauma centers and promoting collegial exchanges with Israeli colleagues. Contact [iserlin@ileneserlin.com](mailto:iserlin@ileneserlin.com).

### **Member Updates Now Monthly!**

Look for future Member Updates in our monthly Professional Development Update, CIP's free online newsletter with the latest details on upcoming CIP programs. Sign up at [www.cipmarin.org](http://www.cipmarin.org).

# DONOR BRIEFING RAISES MENTAL HEALTH AWARENESS

Mental health awareness week offered the perfect backdrop for CIP's October Donor Briefing at the home of philanthropist Tracy Gary. Dr. Roger Walsh, who spoke on "Eight Ways to Well-being," Tracy Gary, Marianne Stefancic, and Dr. Robin Joy Berenson addressed an audience of 34 key influencers and community members. We thank Host Committee members Geraldine Mackenzie and former CIP Board member Stacy Scott of Stacy Scott Fine Catering, which provided the catering for the event.



*Host Tracy Gary (L) with CIP Executive Director Dr. Robin Berenson.*



*CIP Couples Program Director Marianne Stefancic with husband Stan Stefancic.*



*Dr. Roger Walsh speaks on "Eight Ways to Well-being."*



*CIP Host Committee member Geri MacKenzie (R) and Essie Blau (L) discuss ways to improve health and well-being in Marin.*



*Guests Sara Lahay and Shiroko Sokitch.*

## CIP Is "SOUL WORK"

*Remarks by Marianne Stefancic, LMFT, ATR-BC, a founding member of CIP and presently Co-Director of the Couples Therapy Program.*

I am very honored to speak on behalf of CIP and Robin, because CIP's contribution to the community is soul work and treatment for the poorest of the poor in wealthy Marin County, a group of folks that falls under the radar screen. CIP's purpose is to help them help themselves.

I grew up professionally at CIP from 1978 when I was an intern and part of developing the three-year high quality training program for interns. I got my license and have since taught, supervised, developed and directed the Couples Therapy Program.

CIP was still small when Robin joined in 1979, with only 4 interns. It became clear to everyone that Robin brought great vision and brilliance for ways to expand CIP, and, over time with her leadership, CIP has become a well-known and respected treatment and training institute, which serves as a model for other non-profits in the Bay Area.

Under Robin's adept and wise administration and clinical leadership, CIP has expanded to deliver thousands of client hours for the most challenged and troubled Marin population, the poor, undereducated, multiple diagnosis, often chemically dependent with domestic violence and complex problems.

On the training side, interns receive a "baptism by fire," learning to treat the most challenging clients: children, adolescents and adults, couples and families often living in poverty and homeless conditions, living with cycles of trauma and multiple disorders.

CIP is more than a business, more than a training institute, more than a community service. CIP is a labor of love and as such deserves our devotion, our time, and our energy in many forms, including our financial support.

## 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!

### November 2011 – October 2012

#### Circle of Inspiration

Nancy Bertelsen  
Delia Brinton in memory of  
May Jane Brinton  
Drexler Estate Fund  
Tracy Gary  
Richard D. Hannan Family  
Foundation in Honor  
of Hollie Hannan, PhD,  
LMFT  
Scott Muldavin  
Melissa Vincent

#### Circle of Friends

Susan Adams  
Philip Alex  
Rhunette Alums  
Kim Baker  
Lonnie Barbach  
Norine Bell in Honor of  
Maureen Machanich  
Susan Berke  
Esther and Allan Blau  
Helen & Alan Bonapart in  
Honor of Ilene Serlin, PhD  
David Bott  
Richard & Dorothy Breiner  
Greg Brockbank and Esther  
Wanning  
Mary Jane Burke  
Ann Buscho  
Tina Chase  
William & Diane Clarke  
Collins & Company  
Jerry Current  
Sharon Cushman  
Caroline Darst in Honor of  
Duncan Riach  
Lorn Dreitzler  
Thomas Dreyer  
Renee Earle  
David & Carol Fairchild  
Marsha Fine  
Laura Foley in Honor of  
Susan Kirsch  
Roger & Janet Freeburg  
Barbara Gelleri  
Donald & Thelma Gregory  
Sabrina Guthrie  
Wolfgang Hagel  
Leslie Hanna  
Hollie Hannan  
Ruth Heller  
Hennessy Advisors  
Janice Hitchcock  
Gretchen Hoskins  
IBM  
Bruce Immerman  
Christine Cannavo & Brian  
Poirer  
Jinendra Jain  
Joe Kendrick  
Susan Kirsch  
Kiwanis Club of Novato  
Wendy Labov-Dunne

Susan Lachtman  
Wolfgang & Alexandra  
Lederer  
Wayne & Lorraine Lesser  
LICA, Anonymous Donor  
Catherine Liddell  
Life Support M Inc  
Richard Lipfield  
Paula J. Machado  
Maureen Machanich  
Geraldine Mackenzie  
Connie Mancebo  
Marin Office Supply &  
Furniture Center  
Marin Professional Women's  
Network  
Mavis Marney  
James McGeehan  
Jane McGrath  
Pamela Meyer  
Gilda Meyers, LMFT  
Dan Millman  
Douglas Z. Monti  
Construction in Honor of  
Lorn Dreitzler  
John Morre  
Catherine Munson  
Patricia Navone  
Jack Obedzinski  
Jerry & Becky Oken  
Paul Parker  
Claudia Perez  
Margaret Perlstein  
James Phoenix  
John Pogue  
Suyash Prasad  
Virginia Price  
William & Susan Pryor  
Raymond Quan  
David & Mary Rabb  
Colleen R. Ralphs Trust  
Sandra Madison Reinhardt  
Joyce C. Rhodes  
Eloise Rivera  
Jan Rostov  
Hadden Roth  
Paul Sawyer  
Schneider Foundation  
Stephen Schoen & Margo  
Fraser  
Susan Severin  
John & Elinor Severinghaus  
Diane Sickmen  
Paul Simmons  
David P. Snyder & Saundra L.  
Kiriluk  
Willa Speck  
Stair Pedersen & Williams  
Marianne & Stan Stefancic  
Molly Merrill Sterling  
Eric Sternberger  
Jeanie Tengelsen  
Tengelsen Family Trust  
Cordie & George Traber  
Jessica Tsukahara

Unitarian Universalist  
Congregation  
Lesley Van Voorhees  
Melissa Vincent  
Joan Warren  
Michael Washington  
David Williams  
Ruth Jaeger & Steve Wolf  
Iraj & Fariba Zolnars

#### *Business Partnerships*

Collins & Company  
First Republic Bank  
Minto & Wilkie Insurance

#### *Grants*

Allensby Charitable Trust  
Donald O. & Ronald R  
Collins Fund  
Margot Fraser Fund  
The Freitas Foundation  
Further Foundation  
Lucasfilm Foundation  
Marin Charitable  
Nightengale Fund  
Pell Family Foundation  
Perforce Foundation  
San Rafael Elks Lodge #1108  
& Silvio Cheda Trust  
Sutter Instrument Company  
Unity in Marin

## WE'RE GREEN!

We are pleased to announce that CIP has been certified as a green business and to comply with all applicable environmental regulations, conserve natural resources, practice pollution prevention, and to be environmentally responsible. We are proud to do our part to protect the environment.



Workshop leader & author Susan Kirsch.

### ONE-DAY WORKSHOP

#### *Simply Go\*d: Praise Poems Celebrating the Divine in Daily Life*

In *Being True to Life: Poetic Paths to Personal Growth*, Psychotherapist David Richo describes writing a poem as a powerful tool for awareness, healing and transformation.

Susan Kirsch, CIP's Fund Development Specialist, has written a poem and drawn an image every M-F morning since 2004, filling 26 journals. *Simply Go\*d* is a collection of poems and images, and Susan has been a featured author at Sagrada Bookstore in Oakland and Book Passage in Marin.

In this lighthearted, interactive workshop open to everyone, you'll learn a 20-minute discipline that celebrates curiosity, reduces judgment, reinforces working within boundaries, promotes creativity, propels action, and releases joy. You'll leave with a smile, an image, a poem and a daily practice to foster mental health.

**Saturday, February 9, 2013**

**10:00 AM – 1:00 PM**

CIP \* 1330 Lincoln Avenue,  
San Rafael

2nd Floor Conference Room

Pre-Registration: \$50

On-site Registration: \$60

\* Includes an autographed copy of  
*Simply Go\*d*

To register email [admin@cipmarin.org](mailto:admin@cipmarin.org)  
or call (415) 459-5999 x101.

# LOVING SPOONFULS Marin's Soup and Dessert Challenge

Saturday, January 26, 12:00 to 3:00 PM, Mill Valley Community Center  
**MEET THE AUCTION TEAM!**

Loving Spoonfuls is already inspiring the love! The Auction Leadership Team has assembled some great items (see highlights below). Come prepared to bid and win some fun treats for yourself and gifts for family and friends — all for a great cause!



*The Auction Leadership Team: (L/R) Laura Foley, Co-chair Tom Sawyer, Co-chair Maureen Machanich, and Joan Korngut.*

We extend a hearty *thank you!* to the Auction team for giving generously of their time and good will.

## Here are some Auction highlights!

- \$200 gift certificate to the Buckeye Roadhouse
- Gift Basket from the Tyler Florence Shop
- Round of Golf for 2 at Silverado Golf Resort
- \$100 Gift Certificate for Whole Foods
- Vintage Bonnie Raitt Touring Jacket from Sugar Magnolia Store
- Regional Tasting Dinner for 4 at Il Fornaio
- Cooking Classes at Cavello Point Cooking School in Sausalito
- Two \$100 Gift Certificates to Nothing Bundt Cakes
- \$50 Gift Certificate for Costco
- Four Tickets to Mark Pitta & Friends

## LOVING SPOONFULS SPONSOR SPOTLIGHT: APEX SUITES

Apex Suites lives up to its name. Located on the top floor in Courthouse Square in downtown San Rafael, Apex Suites are *sweet!* The beautifully appointed rooms will impress clients and bring out the best in anyone needing temporary office or meeting space. Professionals can grow their business without the overhead expense of office, meeting or conference space, except on an as-needed basis.

Apex Suites offers a comprehensive selection of business solutions, including video-conferencing on 50-inch screens and amenities such as a mailing address, phone answering service by experienced receptionists, refreshments, copy service, and other incidentals. Users can achieve a cutting edge global reach right from the heart of Marin County.

CIP is proud to welcome Apex Suites as a Sous Chef Sponsor for Loving Spoonfuls 2013.



## Loving Spoonfuls Sponsors

*Chef de Cuisine* ☞☞☞  
Resolution Remedies

*Sous Chef* ☞☞☞  
Apex Suites

*Station Chefs* ☞☞  
Bayside Marin

Brayton Purcell, LLP

CA Bank & Trust

First Federal Savings & Loan  
of San Rafael

Pacific Union International

*Line Cooks* ☞

Bank of Marin

BioMarin

Prandi Property Management,  
Inc., CRMC

Toni Shroyer, Realtor, Frank  
Howard Allen

Wilson Markle Stuckey Hardesty  
& Bott

Wordsworth

YP.com

*Advertising Sponsor* ☞  
Pacific Sun

## CIP BOARD OF DIRECTORS

*President*

Scott Muldavin, CRE, FRICS  
GBFC Executive Director

*Treasurer, President Emeritus*

Lorn Dreitzler, Dreitzler & Associates

*Secretary*

Cordie Traber, Community Volunteer

Perry Litchfield, Esq., Resolution  
Remedies

Shiva Pakdel, Area Market Manager,  
YP.com

Stanley Stefancic, Minister Emeritus,  
Unitarian Universalist Church

Stephanie Kisk Tyson, Owner, A  
Piece of Cake & Confections

Melissa Vincent, Vice President,  
California Bank & Trust



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](http://www.cipmarin.org)

**LOVING  SPOONFULS**  
**Marin's Soup and Dessert Challenge**

Saturday, January 26, 2013  
 12:00 noon to 3:00 pm

with MC Jan Wahl

Mill Valley Community Center  
 180 Camino Alto, Mill Valley, CA

Tickets \$25 in advance or \$30 at the door: Kids Under 12 Free!  
 Visit [www.cipmarin.org](http://www.cipmarin.org) to purchase tickets

**Savor and Sample, then Cast Your Vote!**

The date is fast approaching for CIP's Loving Spoonfuls, a delightful and delicious family-friendly fund raising benefit! Cast your votes for the People's Choice Awards for Best Appetizer, Best Soup and Best Dessert.

Then watch the fun as our expert judges David Haydon (owner and chef, Il Davide), Kevin Duffy (Chef, CA Culinary Academy & Cordon Bleu Culinary Arts), and Anna Haight (*Marin IJ*, Bread and Butter Columnist) announce their choices for the Judge's Awards. Silent Auction & Raffle, too! (See page 7.)

*Proceeds from the event benefit CIP's ongoing work in the community.*

**OUR 2013 CHALLENGERS!**

- A Piece of Cake & Confections
- Brayton Purcell, LLP\*
- Bayside Marin
- Frantoio
- Gira Polli
- The Hummingbird Cafe
- Left Bank
- L'Appart Resto
- Marin Joe's
- Tiburon Tavern
- Saylor's Restaurant & Bar
- Tavern at Lark Creek\*
- Vin Antico\*
- \* 2012 Winner!