



DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Today we hear a great deal about maintaining the safety net, assuring that those who struggle have access to the basic services they need for the health and safety of loved ones and themselves. For more than 36 years, CIP's sliding scale and pro bono mental health services have been a key component of Marin's safety net.

Mental health is essential to well-being. Many times, emotional problems must be addressed before other needs can be met. For this reason, CIP collaborates with Ritter Center to help the homeless regain self-sufficiency, with Helen Vine Detox Center to support those on the path to sobriety, in the schools and with Canal Alliance to help children and youth make the most of their education and develop into responsible, engaged adults.

Today CIP's role is as vital as ever. Last year, we provided 8,000 hours of services to more than 750 families, children, and adults. Yet public funding for mental health continues to lag far behind urgent demand, and competition increases for foundation funding in the adverse economy.

This is why community support through donations, business partnerships, and sponsorships are needed more than ever before to enable CIP to maintain our safety net for those in need. We are reaching out, widening our circle of friends and letting people know our role in keeping the community strong.

Please join us in this effort. See page 8 for ways you can help.

REFERRALS, NEW CLIENTS WELCOME

At the start of the training year, CIP has openings for new clients interested in short- and long-term counseling and psychotherapy, adult support and therapy groups, and psychological testing. Our comprehensive services for couples, individuals, and families are available on a sliding scale fee basis; private insurance and Medi-Cal are accepted. Counseling is provided by qualified intern-therapists with a diverse range of expertise and experience.

We offer help with depression, anxiety, trauma, PTSD, dual diagnosis, and addictions, as well as in-depth work with clients with axis II disorders.

To make an appointment, call (415) 459-5999 ext. 102. For more information about our outreach programs, please see page 5 or visit www.cipmarin.org.

LOVING SPOONFULS Marin's Soup and Dessert Challenge

SPONSORSHIP OPPORTUNITIES STILL AVAILABLE!

There's no doubt about it! Marin foodies, friends and families love a great culinary challenge! Last January, more than 350 guests gathered on a Saturday afternoon to savor, sample, and vote for their favorites at CIP's third annual Loving Spoonfuls: Marin's Appetizer, Soup and Dessert Challenge fund raiser.

Each year this delicious event gains momentum, drawing more attention, generating more excitement, and gaining more recognition for CIP and our generous event sponsors. See page 7 for more information on how to become a 2014 Loving Spoonfuls sponsor!



The third annual Loving Spoonfuls event drew more than 350 food lovers, friends, and families. Our 2014 event is coming January 25!

NEW CLINICAL STAFF BRING EXPERIENCE, EXPERTISE

CIP is pleased to welcome to our clinical staff, Christine Donohue, LMFT, as Assistant Clinical Director and Robert Reiser, PhD, as Director of the newly inaugurated CBT, DBT, and Seeking Safety Group Therapy Program. We asked each of them to tell a little bit about themselves.



Assistant Clinical Director Christine Donohue, LMFT.

What drew you to CIP? What about the organization intrigues or inspires you professionally or personally?

I took notice of CIP's job opening based upon its reputation within the psychotherapeutic community here in Marin. I was familiar with CIP's low-fee psychotherapy, professionalism, and its intern training program. However, little did I know of the *degree* of training! I was so impressed by the multi-faceted nature of support offered to interns, and subsequently to the clients they serve, that I knew I wanted to be part of CIP's leadership team.

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

Working with the interns! I'm passionate about empowering interns to take their next steps as emerging therapists. I look forward to being a catalyst to spark new ways of thinking, to support diving deep into what is on the edge of their conscious understanding, and to facilitate the uncovering of wisdom already embodied.

Tell us about your professional background and clinical interests.

My professional journey was ignited by my fascination with the body and the wealth of knowledge contained within our physical form. I spent nine years at a healing school, as student and faculty, exploring the question: "What is healing?" Concurrently, I studied psychodynamic, humanistic, and transpersonal psychology for three years at the Center for Intentional Living. Afterwards, I attended CIIS where I obtained my master's degree in somatic counseling psychology. Presently, I'm deepening my trauma training via a three-year program in Somatic Experiencing. My clinical approach is steeped in the confluence of these potent influences.

In my somatic psychotherapy and consultation practice in Mill Valley, I provide individual and group therapy, mostly with women and parents, to resolve trauma, improve relationships, work through challenging life transitions, and consciously raise children. I'm fortunate to teach as an Associate Professor at CIIS in the Somatic Counseling Psychology and Integrative Healing Departments. During my spare time I love to dance, sing, write poetry, kayak, walk in nature, and spend time with my partner, family, and friends.

(continued on page 3)

CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR
Robin Joy Berenson, PhD, LMFT

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

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

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

COORDINATOR, INTERN TRAINING PROGRAM
Christine Donohue, LMFT

COORDINATOR, TRAINING FOR SUPERVISORS
Paula Sitelman, PsyD

DIRECTOR OF ADULT GROUP THERAPY PROGRAM
Walter Stone, MD

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

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

DIRECTOR OF FREE TO BE PROGRAM
Jean Hayes, PhD, LMFT

DIRECTOR OF CANAL ALLIANCE YOUTH COUNSELING PROGRAM
Lori Rifkin, PhD

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

DIRECTOR OF SCHOOLS PROJECT
Jean Hayes, PhD, LMFT

DIRECTOR OF SUBSTANCE ABUSE OUTREACH PROGRAMS
Belinda Ryland, LMFT

SUPERVISION OF PSYCHOLOGICAL TESTING PROGRAM
Barbara Nova, PhD

(continued on page 3)

CIP WISH LIST

- Comfortable chairs for therapy.
- PCs that are no more than 1-2 years old for intern-therapist office.

CLINICAL STAFF (CON'T)

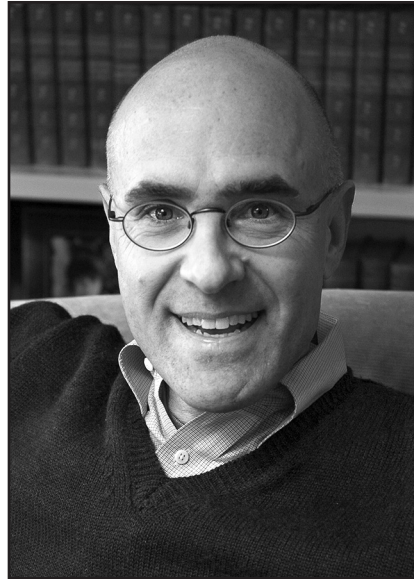
Clinical Supervisors

Barbara Adamich, LCSW
Bill Arigi, LMFT
Barbara Berman, PsyD
Martin Block, PhD
Heather Burns, LCSW
Jennifer Cari, LMFT
Gail Caulfield, LMFT
Laura Foster Collins, LMFT
Jane Cunningham, LMFT
Cara DeVries, LMFT
Jan DiSanto, LMFT
Sheva Feld, PhD
Sue Fleckles, PhD
Bernice Goodwin, PsyD
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Hollie Hannan, PhD, LMFT
Diane Harnish, PhD
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Margot H. Kirschner, PsyD
Yvonne Klitsner, LMFT
Shira Marin, LMFT
Robin Mayer, MS, LMFT
Shana Millstein, PhD
Robert Nemerovski, PsyD
Anka Paine, PsyD
Jonathan Pofsky, LMFT
Phillip Racies, LMFT
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Jennifer Rice, PhD
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Leah Seidler, LCSW
Joshua Simmons, PsyD
Paula Sitelman, PsyD
Gregory Smith, LMFT
Joan Sommer, PhD
Mary Spilsbury, MA, LMFT
Steve Sulmeyer, JD, PhD
Priscilla Taylor, PhD, LMFT
Susan Theobald, LCSW
Jessica Reid Tsukahara, RN, LMFT
Karen Weinberger, LCSW

Intern-Therapists

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

New Clinical Staff, continued



Robert Reiser, PhD, Director of the newly inaugurated CBT, DBT, and Seeking Safety Group Therapy Program.

I have been a long-time admirer of CIP in terms of its strong community presence and its dedication to community service. I am very interested in having a chance to work with the excellent clinical staff and other supervisors.

I am particularly interested in how my clinical orientation — CBT — might be helpfully integrated into some of the clinical and therapeutic work already taking place at CIP. I'm looking forward to my role in clinical supervision and training, and being able to mentor and assist trainees in terms of their professional development and skills.

I have spent eight years as the director and a clinical supervisor in a university-based doctoral level training clinic within an APA accredited program in psychology. I have a strong interest in research and training on supervision with a goal of bringing more effective and evidence-based practices into standard supervisory practice. Currently, I have an active research program with Derek Milne involving the development of a observational measure ("SAGE") to help evaluate supervision with a goal of improving competence, effectiveness and bringing evidence-based practice to the training of supervisors.

I have also worked in a number of community settings to train mental health clinicians and case managers in working with people with serious mental illness, and this is one of my core interests. I am particularly interested in working with individuals who have serious mood disorders (including bipolar disorder), and psychotic disorders (including schizophrenia) and their family members.

My training in cognitive therapy includes training at the Beck Institute for Cognitive Therapy and Research, the premiere national training institute for cognitive therapy founded by Aaron T. Beck, MD, the originator of cognitive therapy. In addition, I am a Fellow of the Academy of Cognitive Therapy (ACT), an internationally recognized accrediting organization for cognitive therapists.

I currently have a private practice in Kentfield (www.robertreiser.com) where I specialize in the treatment of more serious mental illness.

THERAPY GROUPS OFFERED BEGINNING THIS FALL

- CBT Group for Problems with Depression or Anxiety
- CBT Group for Women Recovering from Trauma
- CBT Group for Young Adults with Depression or Anxiety
- Challenging Changes: A Group for Women
- DBT Eating Disorders Group
- Life Happens: Psychotherapy Groups for Coping with the Changes that Life Brings
- Seeking Safety Group for Women

For more information on these or other adult therapy groups, please call (415) 459-5999 x 450.

PROFESSIONAL DEVELOPMENT SERIES 2013–2014

NEW! NETWORKING SESSIONS TO FOLLOW PROGRAM EVENTS

We are excited to announce a new feature of our popular Professional Development Program. After each seminar or study class session, we will host a 30-minute Community Networking Session for connection and informal conversation among participants.

“We imagine this new feature as a special opportunity that will enhance each program’s value for those attending,” explains **Dr. Robin Berenson**. “This will be a time for them to share insights on course content, let other professionals know about their work, their practices, workshops or latest activities, and keep up to date with what is going on in the profession.”

CIP launched our Professional Development Program in September 2004 to create opportunities for mental health professionals throughout the Bay Area to enhance their personal and professional development, and enjoy an ongoing supportive network.

“CIP is known for its excellent training and mental health services,” noted then Assistant Clinical Director **Lorrie Goldin**, LCSW, about the program’s creation. “We also wanted to create a vibrant community for mental health professionals. It’s exciting to think of the possibilities for enhanced learning and affiliation among those who share a passion for depth psychotherapy.”

BECOME A CIP MEMBER

In addition to receiving member discounts on all our Seminars for Professionals and Study Classes, CIP members receive a listing in our annual *Member Referral Directory* (note deadline: September 15, 2013) and are invited to share their latest news via the monthly *Professional Development Update* online newsletter. Sign up now to become a CIP member at www.cipmarin.org.

FALL SCHEDULE

Visit our “Professional Development” page at www.cipmarin.org for a complete line-up of our 2013-2014 offerings.

SEMINAR FOR PROFESSIONALS



The Neurobiology of Resilience: Teaching Clients to Rewire Their Brains for More Skillful Coping

Presented by Linda Graham, LMFT, and Daniel Ellenberg, PhD

October 19, 2013, 9:00 am–4:00 PM (Community Networking Session 4:00–4:30 PM)

6 CEs for LMFTs & LCSWs and 6 CEs for Psychologists

\$110 early registration fee up to 10 days prior to class date, \$120 after.

CIP Member Discount: \$75 early registration, \$85 after.

STUDY CLASS



Positive Psychology in Clinical Practice: Interventions to Cultivate Well-Being & Flourishing

Presented by Gail Danchig, LMFT

November 23, 2013, 9am-1pm (Community Networking Session 1:00–1:30 PM)

4 CEs for LMFTs & LCSWs and 4 CEs for Psychologists

\$75 early registration fee up to 10 days prior to class date, \$85 after.

CIP Member Discount: \$50 early registration, \$60 after.

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. 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.

THANKING OUR VOLUNTEER PROFESSIONALS

Since our founding in 1977, CIP's excellent, intensive intern training program has been a hallmark of the agency. Each year our 22 to 24 intern-therapists receive training and supervision from more than 100 licensed mental health professionals who donate their time and expertise — approximately 360 hours of special training and more than 2,900 hours of individual and group supervision.

Each June, CIP is pleased to hold our Supervisors Luncheon to honor and thank the individuals who have contributed so much to CIP and our talented intern-therapists throughout the year. This year's event was held at the new banquet room at Il Davide.

Following the meal, Executive Director **Dr. Robin Berenson** addressed the gathering. She thanked everyone for their contributions to CIP. "If not for you, CIP would not be here." Referring to their dedication as "amazing," she went on to describe the process of supervising and mentoring as "sacred work," one of continuing one's own education, growth and deepening awareness of oneself. It involves going inward to do personal work, and then the outer work of instructing, creating container for interns, leading and guiding.

"If not for you, CIP would not be here."

A highlight of the afternoon was the presentation of a special certificate of appreciation and a small gift to **Dr. Stephen Schoen** in acknowledgement and gratitude for his many years of "wise and gentle" leadership in supervising and teaching CIP intern-therapists.

Appreciation and acknowledgement was also given to **Dr. Cynthia Kessler**, Assistant Clinical Director, who will be leaving CIP.

The event was an opportunity to welcome **Dr. Christine Donohue**, who has joined CIP's Core Staff as Assistant Clinical Director. (Please see article on page 2.)

CIP PROGRAMS OPEN FOR REFERRALS

CIP offers a full range of psychological 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 x102.

Our comprehensive services include psychotherapy for adults and children, couples therapy, family therapy, crisis intervention, thorough assessments, group psychotherapy, sandtray, and art therapy.

ON-SITE PROGRAMS

- **Individual and Family Therapy:** Affordable, comprehensive services to resolve problems and restore emotional well being. Counseling promotes healthy relationships within families; maximizes children's capacity to learn; and addresses problems that compromise daily function and well being.
- **Adult Therapy Groups:** Opportunities for self-exploration and interpersonal learning to enhance communication skills and the ability to set and achieve personal goals. CBT and DBT groups offer skills-based education and training designed to help members with such issues as trauma, anxiety, depression, and eating disorders. Call (415) 459-5999, ext. 450 for more information.
- **Couples Therapy Program:** Support to enhance and deepen relationships, improve communication, and end repetitive conflicts. Through Emotionally Focused Therapy, couples gain understanding and compassion, and deepen self- and other-awareness.
- **Eating Disorders Therapy Program:** Comprehensive, effective treatment for individuals struggling with food issues, disordered eating, and/or body image and weight. Program uses an integrated and flexible approach to address the emotional and psychological issues that lead to disordered eating and body image.
- **Psychological Testing:** For adults to enhance the quality and effectiveness of individual therapy. Client and therapist work together to develop one or more questions, for example, pertaining to personal goals, career questions, or relationship issues.
- **Support for Single Parents and their Children:** Counseling to improve home environments, strengthen child-parent bond, maximize children's healthy development, school readiness and performance, and prevent long-term problems. We help parents to establish safe, nurturing homes for their children.
- **Support for Survivors of Childhood Abuse:** Healing from trauma and help to overcome intimacy issues, substance abuse, and other problems.

OFF-SITE PROGRAMS

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

- Canal Alliance After School Youth Counseling
- Free to Be School-based 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

A Heartfelt Thank You to Our Donors January 2013 – July 2013

Individual Donors

Circle of Inspiration

Seth Barad
Delia Brinton
Katherine & Gregg Crawford
Scott Muldavin
Mark J. Rice
Jon & Margaret Soffer
Margot Fraser Fund on behalf
of Stephen Schoen

Circle of Friends

Linda & Andy Ach in honor
Delia Brinton
Lonnie Barbach
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Circle of Friends (cont.)

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Catherine Munson
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of Laura
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honor of Judith Schenieder

Business Partnerships Program

Ghilotti Bros.

Grants

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2013 Marin Human Race

Suzanne Accorsi on behalf of
Amy Dineen
Anna Alioto
Elizabeth Anathan
J. Mark Baker
Andrew Bancroft
Judith Basler
Marissa Baumann
Barbara Beach
Lyle Beers
Nate Belden
Adam Bier
Arthur Bohart
Judy Boullet
Sandra Bowling
Barbara S. & Laurence Brauer
Jeff Briggs
David Brown
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Terrence Carey
Lisa Carmel on behalf of
Tammie Grant
Neko Carrasco
Shain Carrasco
Lesley Clint
Anne Contreras
Jessica Cunningham
Caroline & Guy Darst in honor
of Duncan Riach
Max Davis
Laurie Dineen on behalf of my
beautiful daughter Amy
Patricia Dunlap on behalf of
Tammie Grant
Alan Dunnigan
Katherine Edwards
Helen Ellis
Curtis Erickson
Newmark Family on behalf of
Michael Newmark
Ruth Fankushen
Christina Fisher in memory of
Arnaut Camous
Lisa Flack in honor of the
MacTaggart Family
Palma Formica
Reynold Fujikawa
Camilla Glover
Sara Goodman
Tammie Grant
Janet Grant on behalf of
Tammie Grant
Michelle Griffin
Linda Hancher on behalf of
Cary Rosko
Michelle & Jim Harris
Bron Hedman
Margot Higgins on behalf of
Vanessa
Ken Hirano
Michelle Hirsch

2013 Marin Human Race

Andrew Humphrey
Perri Beth Irvings
Clara Jaeckel
Jayson Jaynes on behalf of Amy
Dineen
Else Johnson
Ian Michael Hebert
Jamie Johnston
Joseph Kemp
Jennifer Kiernan
Liesbet Koromzay on behalf of
Daniela Kjoromzay
Devon Lake
Terri Lensch
JoAnne MacTaggart in honor of
the MacTaggart Family
Charles Martin
Tracy Mazza
Robbin Merta
Annika Miller on behalf of
Tammi Grant
Susan Miller
Eric Monkhouse
Angelika Morrison on behalf of
Vanessa Morrison
Brendan Murray on behalf of
De Peeple o' Sli Gheal
Jason Nall
Mary Catherine O'Connoer in
memory of Jane McGuire
Gideon Padwa
Julia Pinsky on behalf of
Ladybugs
Anne Poirier on behalf of
Christine Cannavo Poirier
Kelly Powers
Carol & Mike Rosko
Zoe Rossing
Denise Scatena on behalf of
JoAnne MacTaggart
Jessy Schingler
Barbara Selewicz
Ilene Serlin in memory of
Florence & Lawrence Serlin
Kimberly Shorette
Jason Simon
Amy Spooner in memory of
Allison Wyatt, Newtown, CT
victim
Cynthia Steele in memory of
Goose
Chris & Mara Wallingford
Anne Wilbur
Frank Wilker
David Wisz
Michele Woodbury



Congratulations to CIP's Marin Human Race team!

Pictured (from left to right): Reynold, Sophia & Isabelle Fujikawa, Mark Edwards, Christine Cannavo Poirier, JoAnne MacTaggart, Cameron Osborne, Amy Dineen, Tammie Grant, Cary Ann Rosko, Daniela Koromzay, Robin Joy Berenson, Duncan Riach, Lesley Van Voorhees, Vanessa Morrison, Adam Van Voorhees, Caroline Van Voorhees Caine, Andrew Van Voorhees, Cynthia Kessler, Paula Sitelman, and Chris Van Voorhees. (Not pictured Lisa Plopa) Way to go racers! (Photo by Brian Poirier)

(continued)

LOVING SPOONFULS

Marin's Soup and Dessert Challenge

GETTING THE WORD OUT ABOUT OUR GENEROUS SPONSORS!

As we gear up for our fourth annual Loving Spoonfuls event Saturday, January 25, 2014, more and more people are learning about the generous support of our event sponsors! In addition to our website, print and online newsletters, media releases, flyers and invitations, we “like,” tweet and post on tumblr! Along with such widespread public recognition and marketing benefits, sponsors receive tickets to the event. Sponsorship levels are:

\$20,000 Executive Chef     

\$10,000 Chef de Cuisine    

\$5,000 Sous Chef   

\$2,500 Station Chef  

\$1,000 Line Cook 

Commitments received by **September 15, 2013**, assure inclusion on the promotional postcard and event ticket, and all print and social media advertising, including our widely distributed pre- and post-event newsletters.

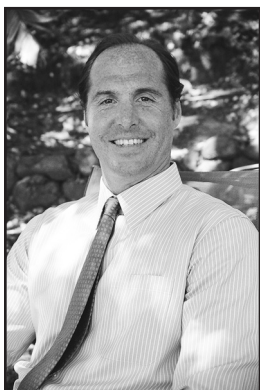
Commitments received by **November 15, 2013**, assure recognition in all print and social media advertising and pre- and post-event newsletters.

For complete information, please visit cipmarin.org or call (415) 459-5999 x101.

SPONSOR SPOTLIGHT: BAYSIDE MARIN

“PROUD TO SUPPORT CIP”

Bayside Marin is proud to be a sponsor and a challenger of the CIP's Loving Spoonfuls event for the second year, and to support CIP's low-cost mental health services for people who can't afford standard rates.



Joe Tinervin.

“Most people believe that mental disorders are rare and happen to ‘someone else.’ In fact, mental disorders are common and widespread. An estimated 54 million Americans suffer from some form of mental disorder in a given year,” notes Joe Tinervin, Executive Director of Bayside Marin. “That’s where CIP comes in.”

Bayside Marin is an accredited 18-bed residential chemical dependency treatment program that offers outpatient services as well in San Rafael and San Francisco. It is also a member of CRC Health Group, the most comprehensive network of specialized behavioral care services in the nation. For more information about Bayside Marin visit <http://baysidemarin.crchealth.com>.



EARLY BIRDS ARE BOTH NEW, PAST SPONSORS

It's always a pleasure to welcome a newcomer to CIP's circle of supporters! We are delighted to have Marin General Hospital join in with their sponsorship of our 2014 Loving Spoonfuls event.

We are also pleased to see returning sponsors **Bayside Marin, Union Bank, and Wilson, Markle, Stuckey, Hardesty & Bott**, as well as two founding event sponsors, **First Federal Savings & Loan of San Rafael** and **Wordsworth**, who are sponsoring the event for the fourth year.

Please show your support by patronizing these fine businesses. Let them know you appreciate their championing mental health services for Marin families, children and adults!

CONFIRMED LOVING SPOONFULS CHALLENGERS FOR 2014

A Piece of Cake & Confections
Bayside Marin
Il Davide
Marin Joe's
Odalisque
Saylor's Restaurant & Bar
Tavern at Lark Creek
Tiburon Tavern
Whipper Snapper

With more to come!

CIP BOARD OF DIRECTORS

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GBFC Executive Director

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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

HELP CIP MAINTAIN OUR SAFETY NET!

Access to quality, affordable care can make the difference of a lifetime. CIP's sliding scale and pro bono services promote early intervention and prevention as well as long-term resolution of emotional problems. We give children and youth the tools they need to succeed in school and enjoy bright futures, provide young families with the support they need to thrive, and help individuals overcome problems to live fulfilling, productive lives.

How You Can Help

- Visit www.cipmarin.org to make your secure, online donation.
- Sponsor our *Loving Spoonfuls: Marin's Appetizer, Soup and Dessert Challenge*.
- Become a major donor in our Circle of Generosity.
- Donate an item in our Loving Spoonfuls Silent Auction.
- Bring your friends and family to our 2014 Loving Spoonfuls event.
- Join our Business Partnership Program.
- Sign up to support the CIP team of runners/walkers in the Marin Human Race 2014.
- Become a CIP Volunteer: We welcome community volunteers interested in joining our Board of Directors, or participating in our annual Loving Spoonful event.

Learn more at www.cipmarin.org!

LOVING  SPOONFULS
Marin's Soup and Dessert Challenge

Save the Date!

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

Saturday, January 25, 2014

12:00 to 3:00 PM

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

Tickets \$25 in advance
\$30 at the door
Kids under 12 are free

**Complete details and ticket
ordering at
www.cipmarin.org.**