



## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

The family is the touchstone of a child's world, and his or her well being depends upon the home environment. When parents are responsive to children's needs, able to support and guide them, youngsters thrive, ready to learn and engage with peers and others.

When turmoil afflicts the family, children can't help but be affected. Whether the problem is due to conflict, poverty, crisis, physical or mental illness, it can leave parents unable to provide for children's physical and emotional needs.

Very often the most effective way to solve a child's distress is to help the parents, many of whom come from troubled families themselves. In therapy they can address unresolved issues, and learn the parenting skills needed to create safe, nurturing home environments.

Conversely, helping the child can also help the family. As a child's pain is eased, solutions found, other family members benefit.

As a community, we are all interconnected. The healing of one child benefits classmates and friends. Strengthening families benefits their neighborhoods and workplaces.

For 35 years, CIP has provided quality services on a sliding scale basis to assure access to timely care for all families, adults, and children.

Thank you to all who generously support us in this effort! Because of you, we can continue to fulfill our mission of helping families, healing individuals, and strengthening our community for all of us.

## SABRINA GUTHRIE, ANNUAL GIVING CHAIR

Sabrina Guthrie is the newest member of the CIP Board. Without wasting any time, Sabrina volunteered to serve as chair of CIP's Annual Giving campaign. Many readers will recognize her name as the author of the spring appeal letter, requesting support for CIP's counseling services in the schools.

"Our Schools Project is providing children with the tools they need to become self-sufficient, well-balanced and productive members of society," she writes. "You can't put a price tag on that."

Sabrina is the former director of marketing and development at Ohlloff Recovery Programs in San Francisco. Prior to joining the staff, she served on the Board for six years. She is also a volunteer fundraiser for the American Himalayan Foundation.

In her spare time, Sabrina enjoys hiking, photography, gardening, and spending time with her golden retriever, Margo.

We're pleased to welcome Sabrina Guthrie to the team of Board volunteers who are working together to improve the mental health of children, families and the community.



## CIP SCHOOLS PROJECT BRIGHTENS FUTURES

Among the most successful of CIP's outreach programs, the Schools Project for Disadvantaged Students each year provides counseling services in Marin public schools to low-income children struggling with emotional distress that puts them at risk of school failure. The program provides weekly counseling, either one-on-one or in groups, at no charge to the students or the schools. Children are referred to the program by school personnel who recognize that the intervention needed is beyond what the school or child's family can provide.

In therapy with a trained intern-therapist, children find the safe place where they can address their problems and receive the undivided attention of a trustworthy adult. They are able to learn more about themselves, discover their own strengths and resiliencies, and develop the personal coping strategies they need to heal. The skills they learn enable them to make good choices for themselves, now and in the future.

*(continued on page 3)*

### STUDENT STORIES

*Soon after her parents announced their separation, twelve year old Kristy's grades dropped precipitously; she was increasingly disruptive in class. . . .*

*Nine year old Anna's world turned upside down when she and her mother immigrated to Marin, leaving behind her father and friends. Teachers reported that Anna was shy and withdrawn, rarely interacting with classmates and not participating in classroom activities. . . .*

*(continued on page 3)*

## STAFF

# THE SUPERVISOR TRAINING PROGRAM AT CIP

Although CIP attracts some of the most experienced and well-trained clinical supervisors in the Bay Area, supervision, like psychotherapy, is a life-long learning process. As a result, CIP makes sure that our supervisors have the opportunity for continued educational and experiential development, both through our monthly supervisor trainings and by the excellent communication that takes place between the group supervisors and the forty-two individual supervisors. Our three group supervisors, **Paula Sitelman, PsyD**; **Cynthia Kessler, PhD**; and **Michael Anaavi, PhD**, oversee the individual supervisors' work with their interns, and readily step in to support the supervisors and interns in any way that is needed.



*Core Staff members Assistant Clinical Director Dr. Cynthia Kessler, Executive and Clinical Director Robin J. Berenson, and Director of Pre-Doctoral Studies, Dr. Paula Sitelman, who coordinates CIP's Supervisor Training Program.*

or learning to apply emotionally focused couples therapy when supervising interns with couples' cases.

Since CIP's main orientation is psychodynamic, many of the trainings fit under that umbrella, and cover topics such as transference/countertransference issues and eliciting client dreams. However, CIP looks for the full range of expertise in our supervisors and provides trainings that are relevant to the interns' clients and the help they need to treat their clients successfully. Therefore, for the coming year, our supervisor trainings will include topics related to supervising interns working with addictions, cultural issues in psychotherapy, working with borderline clients, and clients in high conflict relationships.

CIP is most appreciative of our clinical supervisors who donate their time to ensure that our clients receive the best quality of care, and that our interns continue to grow and develop their psychotherapeutic and professional skills. While we look for supervisors who do in-depth, long-term psychodynamic psychotherapy, we welcome supervisors from all orientations, and with all areas of expertise. We appreciate our seasoned supervisors who join us year after year, and we also welcome our new supervisors, some of whom are early career therapists, learning and refining their skills as a supervisor. Anyone interested in being a clinical supervisor at CIP can contact Paula Sitelman, PsyD, who oversees the supervisor program, at 459-5999 ext. 301.

## CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR  
**Robin Joy Berenson, PhD, MFT**

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**Cynthia Kessler, PhD**  
**Paula Sitelman, PsyD**

DIRECTOR OF PRE-DOCTORAL STUDIES  
**Paula Sitelman, PsyD**

COORDINATOR, CIP PROFESSIONAL DEVELOPMENT SERIES  
**Michael Aanavi, PhD, LAc**

COORDINATOR, INTERN TRAINING PROGRAM  
**Cynthia Kessler, PhD**

COORDINATOR, TRAINING FOR SUPERVISORS  
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**Nancy Freitas Lambert, PsyD**

DIRECTOR OF SCHOOLS PROJECT  
**Jean Hayes, PhD**

DIRECTOR OF SUBSTANCE ABUSE OUTREACH PROGRAMS  
**Belinda Ryland, MFT**

SUPERVISION OF PSYCHOLOGICAL TESTING PROGRAM  
**Nancy Olesen, PhD**

*(continued on page 3)*

## CIP WISH LIST

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

**Clinical Supervisors**

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 Smadar deLange  
 Reynold Fujikawa, MA  
 Melanie Gilpin, MA  
 Tammie Grant  
 Kristie Mersereau Issacson, MA  
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 Lisa Plopa, MA  
 Gabriel Rabu  
 Duncan Riach, MA  
 Eva Tuschman  
 Lesley Van Voorhees, MSW

CONTINUED FROM PAGE 1

The outcomes of the therapy provided by the Schools Project include improved ability to concentrate and learn, improved social skills, increased interest in play and discovery, reduced acting out behaviors, improved relationships with parents and peers, and improvement of presenting symptoms.

**2011-2012 Schools Project**

During the school year, seven CIP intern-therapists provided weekly counseling sessions at Coleman Elementary School, Miller Creek Middle School, Davidson Middle School, and San Rafael High School from September to June. In February, an eighth intern-therapist began seeing students to provide short-term support (1 to 3 sessions) at San Rafael High. In all, approximately 100 students ages 6 years to 18 will receive care.

A quarter of the students referred for CIP services this past year were dealing with family crisis, such as a death or other loss, divorce, poverty and risk of homelessness. Many students, due to family circumstances, need to “grow up fast,” as in cases where the family’s financial situation requires children to work after school and/or weekends, leaving little time for homework or play. Older children are left to care for younger siblings, picking them up from school, preparing meals, and so on, while parents work long hours away from home. In some homes, children are exposed to conflict, domestic violence, and parental substance abuse.

Among other issues with which students struggled were stress, depression, and social anxieties. In elementary school, children worried about making friends, dealing with anger, and feeling safe. Half of high school students in the program were dealing with issues around alcohol and smoking. In general, students worried about grades, being “smart enough,” feeling unimportant and isolated.

All of the children came from low-income households and none was eligible for Medi-Cal, or able to seek full fee therapy. Demographically, 41% were Hispanic/Latino; 19% Caucasian; 7% Asian; 5% African American; and 5% were identified as Multi-Racial (others were unidentified).

**Donations are now being sought for the 2012-2013 Schools Project. Please help us provide a healthy start and hope for a brighter future for Marin children in need. For more information or to donate, please visit [www.cipmarin.org](http://www.cipmarin.org).**

**STUDENT STORIES, CONTINUED**

... *Kristy’s intern-therapist expressed empathy for Kristy’s sadness, which helped her feel less alone in her pain. Kristy also realized that she was angry at her parents and felt some guilt for their separation. Over the course of treatment, she increased her insight into how her feelings influenced her behavior. Kristy realized that she had been acting out in class because she was unable to express her frustration at home. She identified her need for greater comfort from her parents during this difficult adjustment period. Through the use of role play, she and her therapist practiced approaches she could use with her parents in order to ask for the support and attention she desired. Although she continues to be appropriately sad, Kristy has been able to better manage her feelings, and has increased her effort in her studies.*

... *Referred to CIP by her teacher, Anna hung back during her first therapy session. She enjoyed playing games, however, and soon built a trusting bond with her intern-therapist. A few months passed and Anna brightened during each session. The classroom teacher reported that Anna had begun to make friends and that her grades were improving. Today, Anna is a quiet but happy child who interacts well with her peers, does well in school, and looks forward to weekly therapy sessions where she plays, talks, and receives support from her CIP intern-therapist.*

# *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!*

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### *CIP Thanks Our Marin Human Race Team Supporters*

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Resolution Remedies

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# LOVING SPOONFULS Marin's Soup and Dessert Challenge

## BOARD MEMBER MELISSA VINCENT NAMED SPONSOR CHAIR



CIP is pleased to announce **Melissa Vincent** as Sponsor Chair of the Third Annual Loving Spoonfuls Soup and Dessert Challenge, which takes place on Saturday, January 26, 2013, from noon to 3:00 PM at the Mill Valley Community Center.

Melissa Vincent is the kind of person you want on your team when the score is tied and you need the winning points. Whether it's in the California Bank and Trust Board Room, her son's classroom, or the CIP Board Room, Melissa brings a "can-do" attitude to all she does.

"We want to break the 2012 Sponsor record in 2013 and generate \$70,000 or more in sponsor revenue," she says. "CIP offers outstanding benefits at sponsor levels ranging from \$1,000 to \$20,000, including promoting business name recognition in print, online and in media spots, plus tickets to a fabulous, fun event."

Melissa continues with the terminology of banking, which she knows best. "Sponsor dollars to CIP earn significant return on investment. Mental health, especially early in life among children and youth, is a crucial building block for a healthy society. Besides individual, family and couples counseling, CIP provides free therapy in the schools to address bullying, self-esteem, setting boundaries, and suicide prevention, among other issues."

We hope sponsors will support CIP at the highest possible level.

*Brayton Purcell, LLP's team — Jennifer Harwood, Casey Kahler, and Chef Andie Weber display their 2012 People's Choice Award winning entry Raspberry Red Velvet Cheesecake Cake.*



## HATS OFF TO EARLY BIRD SPONSORS!

Loving Spoonfuls 2013 is getting off to a great start! We're pleased to recognize four returning sponsors: **Bank of Marin; Brayton Purcell, LLP; Wilson, Markle, Stuckey, Hardesty & Bott;** and **Wordsworth**. In addition, we welcome **Pacific Union International** and **Toni Shroyer, Frank Howard Allen** as new sponsors.

A unique feature of the Loving Spoonfuls event is that sponsors can also enter into the competition with a soup or dessert. In 2011, Brayton Purcell won the Judges' Award for Best Dessert with their Law-Fully Delicious Pecan Pumpkin Cheesecake, and in 2012 they won the People's Choice Award for Raspberry Red Velvet Cheesecake Cake. **Alan Brayton** says, "This event is one of our staff favorites, and we're looking forward to participating again in 2013."

Real estate agent **Patricia Navone**, says, "Pacific Union International recognizes that CIP is a life saver for many people, both young and old, who rely on low-cost mental health services. We're happy to contribute to this valuable community safety net."

CIP sincerely appreciates the support of all our sponsors!

## FOODIES TEAM UP TO MAKE 2013 EVENT AUCTION AND RAFFLE THE BEST YET

Mill Valley residents **Tom Sawyer** and **Maureen Machanich** have been named **Iron Chef** and **Assistant Chef** of the 2013 Loving Spoonfuls Auction and Raffle to benefit CIP.



Sawyer, former owner of Cobb's

Comedy Club, is a self-confessed "foodie" with a sense of humor. Machanich, a native Marin-ite, learned the ropes and rewards of fundraising from her experience in Catholic school. "Tom and I loved the 2012 Loving Spoonfuls event," says Machanich. "We want to get more involved to support this great cause, and we're rolling up our sleeves to have some fun making the 2013 auction and raffle the best ever!"

The Sawyer/Machanich team is seeking restaurant gift certificates, food and wine donations, cooking and culinary items, one-of-a-kind dining experiences, and other food-related prizes.

To make a donation or get more information, contact Maureen Machanich at (415) 601-8145 or at machanich@sbcglobal.net.

## FOUR EASY WAYS TO BECOME A LOVING SPOONFULS SPONSOR

1. Go to [www.cipmarin.org](http://www.cipmarin.org) and click on the Loving Spoonfuls icon to get to details about sponsor levels and benefits, and to sign up.
2. Email [cipmarin@aol.com](mailto:cipmarin@aol.com) to request an electronic version of the sponsor packet.
3. Call 459-5999 ext. 101 to request a printed packet of sponsor information.
4. Attend the Sponsor Info Meeting on Wednesday, June 6, at 4:30 pm at California Bank and Trust, 1016 Irwin Street, San Rafael (RSVP [415] 459-5999 x101).



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

**PROFESSIONAL DEVELOPMENT PROGRAM**

CIP's Professional Development Program offers continuing education classes and seminars for mental health professionals throughout the Bay Area. Visit [www.cipmarin.org](http://www.cipmarin.org) to:

- Learn about and register for 2012-2013 program offerings
- Become a member
- View our CIP Professional Blog
- Sign up for our monthly email "Professional Development Update" newsletter.

**CIP JOINS THE MARIN HUMAN RACE!**

On Saturday, May 12, CIP interns and staff walked/ran the 5k 2012 Marin Human Race, rallying the generosity of more than 80 friends and family members who donated in support of CIP's quality mental health services. (See page 4.) Thank you, team and donors!



**CIP HUMAN RACE TEAM:** *Back Row: Cynthia Kessler, PhD; Paula Sitelman, PsyD; Reynold Fujikawa; Alan Camardo; Melanie Gilpin; Robin Joy Berenson, PhD, MFT; Katie Mesereau; Narada Michael Walden.*  
*Front Row: Jacob Kaminker, Christine Cannavo, Kristie Issacson, Craig Issacson. (Photo by Brian Poirier)*