

COMMUNITY NOTES

Community Institute for Psychotherapy ♦ San Rafael, California ♦ Vol. 13, Number 2

March 2004

DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Dear Friends,

A healthy life is lived in balance. For example, whether we work in a professional capacity, business, the arts, or some other field, productive work is a meaningful part of life, but only one part. Time for home, family, and close relationships is also essential as well as time to relax and enjoy hobbies and special pleasures. Most of us derive a joyful sense of accomplishment, too, when we reach out to help others, whether through the donation of our time, talents, or financial resources.

Our *Extraordinary Evening with the Arts* was designed to offer the chance to indulge ourselves in a lively and fun-filled evening and at the same time make an important difference in the lives of those less fortunate.

Over the years, we have found this to be a winning formula, and our 2004 event promises to be our most successful ever. Each year, its proceeds have increased, making a larger and larger impact on CIP's ability to serve the Marin children, families, and individuals most in need.

We hope you will bring your friends and join us on Sunday, May 2, for a great evening at our tenth annual fund raiser. In the end, you will take away not only the memories of this elegant event — and perhaps a few auction items — but, more importantly, the satisfaction of knowing that your support will have a lasting, positive impact on many lives in our community.

2004 BENEFIT TO FEATURE EXTRAORDINARY EDLOS

Widely known as the “Bad Boys of A Capella,” acclaimed vocal ensemble **The EDLOS** will headline CIP's tenth annual *Extraordinary Evening with the Arts* on Sunday, May 2. Also appearing will be bestselling author and motivational speaker **Francine Ward** and ABC7's **Spencer Christian** as Master of Ceremonies. Delicious food, wine tasting, delightful live and silent auction items, an art exhibit, and more await those attending this year's fund raising benefit, which will be held at a new time, 4:00 to 8:30 p.m..

In recognition of his invaluable role in this year's event, **Peter Paul**, Paul Financial LLC, has been named Honorary Chair. Peter set the standard for generous support again this year with a \$10,000 sponsorship donation, and has been active in recruiting support for the evening, offering his ideas and enthusiasm to assure a top-quality event.



Nothing quite like the EDLOS has ever happened to CIP's event before, and you won't want to miss it! Four classically trained singers who came together to explore a broad range of music and musical styles, the EDLOS are as famous for their humor and crowd-pleasing antics as for their considerable musical virtuosity.

We are very pleased to welcome **Francine Ward**, a former practicing lawyer and now a powerfully motivating speaker, author, and coach whose life is a testament to the power of Esteemable Acts. From drug addicted, alcoholic call girl to lawyer, marathon runner, successful businesswoman, loving wife, mentor, and author, her message of walking through fear as the vehicle to building self-esteem is a courageous new path to freedom.

(continued on page 8)

STEFANCIC NOMINATED FOR VOLUNTEER AWARD



Marianne Haissman
Stefancic, ATR-BC, MFT

Director of CIP's Couples Therapy Program and a CIP founder, **Marianne Haissman Stefancic, MA, MS, MFT**, was nominated for Volunteer of the Year of the prestigious 2003 Heart of Marin Awards. Co-sponsored by Tamalpais Bank and the Center for Volunteer and Non-profit Leadership of Marin, these annual awards recognize and honor outstanding nonprofits and volunteers in our community.

Accompanying Marianne at the December Awards Ceremony were her husband **Stan Stefancic**, CIP board members **Mary Rezaian** and **Mavis Marney**, Assistant Clinical Director **Eloise Rivera**, and Executive and Clinical Director **Robin Berenson**. "It was a very festive and inspiring event," remarked Dr. Berenson, "It reminds us all of the hard work and dedication of so many incredible Marin residents."

In 1977, Marianne was among the small group of psychotherapists who founded CIP with a mission to increase community access to affordable mental health care, and offer rigorous training for intern-psychotherapists preparing for clinical practice. Today, in addition to directing the Couples Therapy Program, Marianne serves as an individual supervisor and trainer to CIP intern-therapists, last year donating over 200 hours to the agency.

The nomination cited Marianne as "an outstanding clinician who demonstrates her dedication to professional excellence in everything she does. . . . Her inquiring intellect, her love of learning, and client-centered approach, have earned her the respect and admiration of those who work with her."

On behalf of all of us at CIP, congratulations, Marianne!

WELCOME

WENDY L. CARLSON



We are very pleased to welcome **Wendy L. Carlson** as CIP's Administrative Manager. Wendy has extensive office experience and expertise. In a short time, she has already improved our efficiency.

Originally from Cortland, NY, Wendy lives in Petaluma with her husband Jason, daughter Ciarra (13), and sons Alex (8) and Eli (1). Wendy's special interests include documentary photography, travel, and studying human rights issues.

REDWOOD WIND QUARTET

WE'RE UNIQUE!

WE'RE EXPERIENCED!

FOR AN EXCITING SOUND THAT YOU, YOUR FAMILY AND FRIENDS WILL LOVE . . . INVITE US TO MAKE THE DIFFERENCE AT YOUR NEXT BASH OR ELEGANT SOIREE!

For information, call Mitch at
(415) 453-1551.

CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR
Robin Joy Berenson, PhD, MFT

ASSISTANT CLINICAL DIRECTORS
Lorrie Goldin, LCSW
Laura McCormick, PhD
Eloise Rivera, MFT

DIRECTOR OF PRE-DOCTORAL STUDIES
Gale R. Lipsyte, PhD

ADJUNCT PRE-DOCTORAL PRIMARY SUPERVISOR
Joan Sommer, PhD

COORDINATOR, INTERN TRAINING PROGRAM
Laura McCormick, PhD

DIRECTOR OF ADULT GROUP THERAPY PROGRAM
Art Raisman, PhD

DIRECTOR OF COUPLES THERAPY PROGRAM
Marianne H. Stefancic, ATR-BC, MFT

COMMUNITY OUTREACH DIRECTOR, DIRECTOR OF TREATMENT AND PREVENTION OF DOMESTIC VIOLENCE
Jeana Reynolds, MFT

DIRECTOR OF EATING DISORDERS PROGRAM, DIRECTOR OF EMBODY POWER PROGRAM
Gina Borelli Moore, MFT

SUPERVISION, PSYCHOLOGICAL TESTING PROGRAM
Nancy Olesen, PhD
Marjorie Gans Walters, PhD

DIRECTOR OF HOMEWARD BOUND PROJECT
Karen Weinberger, LCSW

DIRECTOR OF HOMEWARD BOUND CHILDREN'S GROUP
Delia Brinton, MFT

SUPERVISION OF HOMEWARD BOUND CHILDREN'S GROUP
Leslie Horn, PhD

DIRECTOR OF RITTER HOUSE PROJECT
Marilyn Mazer, MFT

DIRECTOR OF SCHOOLS PROGRAM
Nancy Gump, MFT

COORDINATOR, TRAINING FOR SUPERVISORS
Lorrie Goldin, LCSW

SUPERVISION FOR SUPERVISORS
Lorrie Goldin, LCSW

COORDINATOR, CIP SEMINARS FOR PROFESSIONALS
Eloise Rivera, MFT

COORDINATOR, CLINICAL CONVERSATIONS
Diane Kaufman, MFT

(continued on page 3)

CLINICAL STAFF (con't)

Clinical Supervisors

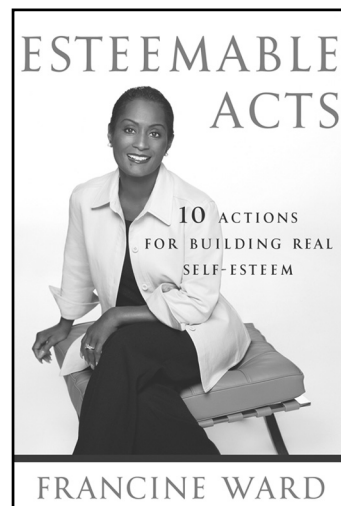
Kathleen Adams, LCSW
Mary Jo Ahlborn, MFT
Patricia A. Bresky, PhD
Zoe Brown, MFT
Lenore Cantrell, MFT
Sarah Chapman, MFT
Tina Chase, MFT
Sarah Cirese, PhD, MFT
Karla Clark, PhD, LCSW
Janet Constantino, MFT
Peter Coster, MFT
Jane Cunningham, MFT
Diane E. Donnelly, PhD
Noreen Dunnigan, MFT
Barbara Ellison, MFT
Carol Fones, MFT
Myrna Frankel, LCSW
Christine Gazulis, PhD
Marita Hayhurst, PhD, MFT
Adrienne Hoke, MFT
Sally Holland, PhD, MFT
Kathryn Hughes, LCSW
Ruth Jaeger, LCSW
Diane Kaufman, MFT
Joan Kimelman, PhD
Andrew M. Lamden, PhD, LCSW
Mario Lamorte, MFT
Carol Law, MFT
Susanne Light, LCSW
Deborah Melman, PhD
Bethany C. Miller, PsyD
Lorrie Norby, MFT
Margaret Perlstein, MFT
Erica Posner, MFT
Eric Reitz, PhD
Jeana Reynolds, MFT
Dorie Rosenberg, MFT
Patricia Ross, MFT
Barbara G. Sapienza, PhD
Sandra Schindler, LCSW
Stephen M. Schoen, MD
Pat Shelton, MFT
Joan Sommer, PhD
Cynthia Stanley, MFT
Molly Merrill Sterling, PhD
Ann Van Steenberg, MFT
Karen Weinberger, LCSW
Judith Weston-Thompson, MFT

Intern Therapists

Amy Bandera
Deborah L. Dunning
Debbie Goldyne, MA
Ann Gordon, PhD
Cat Grace-Crisologo, MS
Adrienne Hart
Antje Hofmeister
Laurie Hunt
Deborah Igoa-Kuhn
Nancy Freitas Lambert, MA
Lisa Lukianoff
Linda Raab
Irma Rivera-Carlisle
Sharon Rose
Julie Sendelbach
Erika Simon
Denise Joy Stephenson, MA
Greg Tompkins
Thomas Thurston
Jennifer Tripathy
Michael Turnacliff, MA
Bethany Van Dyke, MA
Anna West, MS

ABOUT FRANCINE WARD'S EXTEEMABLE ACTS

Some people believe self-esteem comes from simply being a child of God. Some believe you get it from parents who love you and consistently tell you how fabulous you are. Others believe you get it by surrounding yourself with people and things that make you feel good about you. And still other people believe you get self-esteem by repeating mantras and affirmations in the mirror. The concept of Esteemable Acts invites you to consider a totally different and radical view. It suggests that while any one of those things may work in the short term, what really works over time is a conscious, consistent, daily practice of action, which almost without exception requires that we walk through our fear and take responsibility for the choices we make.



ARTIST KATHY MASON-LERNER

This year's art exhibit will feature the paintings of Kathy Mason-Lerner, who works with oils on linen and canvas. She is the recipient of numerous grants and honoraria, most recently a 2003 Fellowship to Vermont Studio Center for the Arts, and received a 2003 nomination to the National Academy of Design. In 2002, Kathy's work was shown in two solo exhibitions, "Without Boundaries" at the Museum of Los Gatos, and at ZYT Gallery.



Kathy Mason-Lerner with one of her paintings. (Photo by Jude Mooney.)

Of her paintings, Lerner writes, "The light pastel hues I use have a healing effect on the mind and the core of the self; in the process of layering colors, I create a radiance for myself and the viewer. Flower petals, gemstones, rainbows and pigments are the only true colors the eye perceives.

"I work on my paintings over a long period of time until they resonate. When everything works in a painting there is a special moment. This is an awakening or a transcendental sort of consciousness. The reason I keep on painting is to experience these moments of extraordinary reality."

We know you'll be inspired by these vibrant and moving works.

A Benefit for Community Institute for Psychotherapy

An EXTRAORDINARY
EVENING
with
the ARTS

Sunday, May 2, 2004

4:00 to 8:30 PM

Mill Valley Community Center, 180 Camino Alto, Mill Valley



Francine Ward
Author, *Esteemable Acts*



The EDLOS
The "Bad Boys of A Capella"



Master of Ceremonies:
Spencer Christian
ABC7 Weatherman

Artist
Kathy Mason-Lerner
Musicians
The EDLOS
Redwood Wind Quartet
Beverages
Grove Street Winery
Robert Green Cellars
The Wine Trust
The Wine Warehouse

Buffet Dinner
Left Bank
Marin Joe's
Saluté Ristorante
Stacy Scott Fine Catering
Auctioneer
Umberto Gibin

Wine Tasting 4:30 - 6:00 PM
Frias Family Vineyard
Grove Street Winery
Phelan Vineyard
Sawkar Family Vineyards
Starry Night Winery

Honorary Chair
Peter T. Paul
Lead Sponsor
Paul Financial, LLC

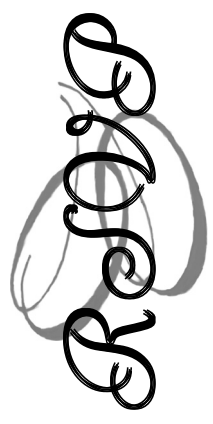
Major Sponsors
Cartelligent, First Republic Bank, GreenPoint Mortgage, Marin Acura, SBC

Contributing Sponsors
Frank Howard Allen Realtors Fund of the Marin Community Foundation; Autodesk, Inc.;
Avalar Network, Inc.; Bank of Marin; Birkenstock; Mel & Angela Dagovitz;
First Capital Group, Inc.; Friedlander Cherwon Capper LLP CPAs; J.H.S. Properties;
RBC Dain Rauscher; Allan M. Schuman & Associates; Seagate Properties;
Union Bank of California; Unity In Marin; Westamerica Bank

Sponsors
Ron Andrews Medical Co., Inc.; Coldwell Banker Residential Real Estate; CTC Associates;
Farmers Insurance/Bryson Insurance; Fidelity National Title Insurance Co.;
First Federal Savings & Loan Association of San Rafael; Greene Building Co., Inc.; Edward Jones;
Luther Burbank Savings; Marin Mazda/Subaru; Northern Trust Bank; Novato Ford; Pacific Union Real Estate Group;
Taddei, Ludwig, & Associates; Tamalpais Bank; World Gym; Young's Market Company

**For reservations, please complete and mail in the enclosed envelope no later than April 12, 2004.
Make reservations early; tickets are limited. For more information, call 459-5999, ext. 101.**

Name _____
Phone _____ Number of Tickets (@ \$60 each) _____
Wine Tasting (@ \$20 each) _____
Total Amount Enclosed _____



I am unable to attend but wish to make a tax-deductible donation of \$ _____
 I wish to pay by credit card: Number | _____ | _____ | _____ Expiration Date: _____

Checks should be made payable to CIP (Community Institute for Psychotherapy)
Tickets will be held at the door

A HEARTFELT THANK YOU TO OUR DONORS

Individual Donors

(9/1/03-1/25/04)



Circle of Inspiration

Alaine Benson
Dr. Mary Breme
Spencer Christian
Deborah Goldyne
Kenneth Gross

Circle of Friends

Philip Alex, PhD
Dana Allen
Selma Aslin
Elaine & Bob Bachelder
Peter & Erin Badala
Sharon Begovich
Nancy Belmonte
Nancy Bertelsen
Mary Bicknell
James Boswell
Roz & Derek Bray
Christina Bricklen
James & Elizabeth Bugental
Ann Buscho
Possie Conklin
Katherine & Gregg Crawford
Katherine Cuneo
Jerry & Diane Current
Lorn Dreitzler
Sarah & Kenneth Drexler
Carol Dutton-Hollenberg
Robert D. Edwards, CPA
Gregg Elberg
Margo Elberg
Nancy Ellenbogen
Margaret & Emil Erickson
Carol Fones
Jobina Forder
Nancy Goldberg
Sanford Goldeen
Jonathan Marshall & Lorrie Goldin
H.R. Granger
Walter & Shirley Green
Carolyn Grenier
Marianne D. Grieve
The Hansen Trust
Alfred Heller
Ruth Heller
S. Kramer Hertzog
Janice Hitchcock
Adrienne Hoke
Gretchen Hoskins
Rosie Houweling
Donald & Virginia Humphreys
Ruth Jaeger
Abby & Ted Kagan
Sanford & Irma Katz
Diane Kaufman
Douglas & Carol Kerr
Sande Kiriluk
Neil Kran
Roger & Lynn Kuhn
Susan Lachtman
Lois Lane
Barry & Barbara Lee
Wayne Lesser
Rob Levine
Mr. & Mrs. William Levy
Maureen Machanich

Circle of Friends (cont.)

Steve & Susan Machtinger
Mavis Marney
Sally McGillis
Gilda Meyers
Elin Modjeska
James & Juanita Moore
William & Joanne Murray
Lorraine W. Norby
Betty Pagett
Dick Park
Joseph & Eda Pell
Alan & Helen-Marie Petersen
Nathan & Ann Plotkin
Warner Plowden
William & Susan Pryor
Sandra Reinhardt, CPA
Mary Rezaian
Joyce Rhodes
Dorie Rosenberg
Joel S. Rosenthal
Arthur & Carole Rosvold
Elizabeth Salin
Stacy Scott
Mr. & Mrs. John Severinghaus
Merritt Sher
Carrie Sherriff
Harold & Paula Sonnenberg
Robert A. Sonnenberg
David & Jacqueline Spielberg
Paul Steinman
Rebecca Sylla
Claire Taylor
Paula Trehearne

Business Partnership Program

Keegan & Coppin Co, Inc.
McPhails
Roda Group
Tamalpais Bank

Grants (2/1/03-1/25/04)

Allensby Charity Trust
Charles A. Becker Foundation
Bella Vista Foundation
Board of Deacons Sausalito Presbyterian
Roger & Nancy Boas Fund
Mary Jane Brinton
Sadie Meyer & Louis Cohn Foundation
Donald O' Collins Foundation
Cooper Foundation
Fireman's Fund Foundation
Freitas Foundation
The Furthur Foundation
The Fred Gellert Family Foundation
Hannan Family Foundation
Herst Family Foundation
Kiwanis Club of San Rafael
Lucasfilm, Ltd.
Marin Charitable Foundation
Marin Community Foundation
The Nightingale Fund
Saints and Sinners Fund
San Rafael Elks Lodge
Scott Family Fund
Morris Stulsaft Foundation
Sidney & Nancy Unobskey Family Fund
Christine Zecca Foundation

Stories of Healing Sponsors

Pfizer Parke-Davis
RAB Motors
Sutter Instrument Co.
Luther Burbank Savings
Springfield Place Retirement Center
Guarantee Mailing Service
Mill Valley Optometry
Wordsworth

Our Thanks to

Allan M. Schuman & Associates

Plaintiff's Personal Injury, Workers Compensation and Social Security Administration hearing Attorneys with special emphasis and sensitivity to major injury and emotional damage claims. The offices are located at 2165 Filbert Street, San Francisco, California 94123, 415-563-2111.

Allan M. Schuman & Associates, Attorneys at Law
are special friends to CIP and proud to sponsor
the EDLOS

at the forthcoming *Extraordinary Evening of the Arts*
fundraiser on May 2, 2004.

SBC: SPECIAL BUSINESS CONNECTION

When **Shiva Pakdel**, SBC's Regional Marketing Manager, joined the Sponsor Steering Committee for CIP's *Extraordinary Evening with the Arts*, she was confident she could generate corporate support for a cause she believes in: affordable mental health services. She didn't need to go far. Shiva worked with CIP's Fund Development Director **Susan Kirsch** to tell the CIP story to SBC's Area Manager for External Affairs, **Connie Williams**.

The rest, as they say, is history. Connie joined the January committee meeting and presented a check for \$2,500 to Committee Chair **Susan Lachtman** and CIP Executive and Clinical Director **Robin Berenson**. Connie says, "SBC is happy to support CIP and all the work and services it provides in the Marin community."

Honorary chair **Peter Paul** of Paul Financial, LLC, and Marin County Supervisor **Hal Brown** joined in the check presentation, along with Robin, Connie, Susan, and Shiva (l-r).



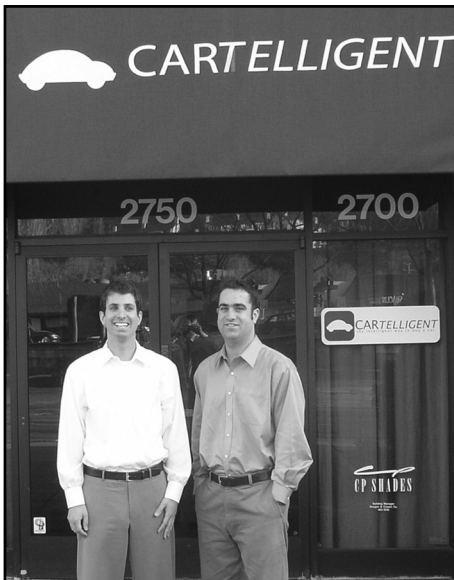
Photo by Susan Kirsch

CARTELLIGENT: A NEW KIND OF SPONSOR

Cartelligent zooms onto the CIP scene as a brand new sponsor for *An Extraordinary Evening with the Arts*. Founder and president **David Shapiro** says, "I was impressed from the first time I heard CIP Board member **Susan Lachtman** talk about CIP's mission to provide low-cost mental health services. As a lifetime Marin resident, I'm pleased to support a local agency that is making a difference."

Cartelligent is making a difference in how people shop for cars. With a broad network of contacts and a commitment to save time, money, and hassle, Cartelligent promises to find the right car at the best price available. David's brother **Michael Shapiro** says, "One of the greatest benefits of Cartelligent is that it's a complete car buying service. With just one phone call, we'll handle everything!"

Cartelligent will join more than 35 other businesses in supporting the Community Institute for Psychotherapy's annual fundraising event. Shapiro says, "We look forward to enjoying the evening with others who share our commitment to service and to a healthy community."



David & Michael Shapiro

CIP ELECTS NEW BOARD MEMBER

CIP is pleased to announce the recent election of lawyer **Perry Litchfield** to its Board of Directors.

Litchfield, a lifetime resident of Marin, adds his connections and people skills.

"I have admired the work of the organization from a distance," says Litchfield, "and appreciate the opportunity to become more involved."



Perry D. Litchfield

2004 BOARD OF DIRECTORS

- Lorn T. Dritzler, President
- Harold C. Brown, Jr.
- Spencer Christian
- Gregg Elberg
- H. R. Granger, Jr.
- Susan Lachtman
- Wayne L. Lesser
- Perry D. Litchfield
- Mavis Marney
- Richard Park, MSW, ACSW
- Mary Breme Rezaian, MA, MFT
- Stacy Scott
- Robert A. Sonnenberg
- Claire Taylor



COMMUNITY INSTITUTE FOR PSYCHOTHERAPY
1330 LINCOLN AVENUE, SUITE 201
SAN RAFAEL, CA 94901-2141

RETURN SERVICE REQUESTED

NON-PROFIT ORG,
U.S. POSTAGE PAID
SAN RAFAEL, CA
PERMIT NO. 407

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 OUR WEBSITE AT WWW.COUNSELINGCIP.ORG

2004 EXTRAORDINARY EVENING WITH THE ARTS *(continued from page 1)*

Our Master of Ceremonies for the evening will be CIP Board member, wine enthusiast and television personality **Spencer Christian**. Best known for his week-night weather forecasts on ABC7, Spencer devotes a good deal of his time to charitable and community service organizations.

Music lovers will not want to miss the **Redwood Wind Quartet**, a seasoned ensemble featuring four saxophones that performs throughout the Bay Area. A very special exhibit of oil paintings by Marin artist **Kathy Mason-Lerner** will be on display, and Kathy herself will be on hand to talk about her work and answer any questions you might have. For more information about Kathy, see page 3 of this newsletter.

Dave Harmon, founder of wine.com and Carneros della Notte Wine, took the lead to secure wines for the 2004 Wine Tasting. "The family vineyards in the Sonoma/Napa valley produce some of the world's best wines," says Dave. The **Phelan Vineyard** is

donating a 2000 Cabernet, which sells for \$75 a bottle. The **Frias Family Vineyard** is donating both a 1999 and 2000 Cabernet Sauvignon. To further delight winetasters, the **Sawkar Family Vineyard** will be pouring a 2002 Syrah and 2002 Sauvignon Blanc. **Grove Street Winery** will please the palate with a 2001 Sonoma County Chardonnay, 2001 Russian River Pinot Noir, and a 2000 Alexander Valley Cabernet Sauvignon.

CIP Board member **Skip Granger**, founder of **Starry Night Winery**, will be pouring a 2003 Russian River Valley Chardonnay, a 2001 Lodi Syrah, and a 2001 Russian River Old Vine Zinfandel, which the world's top wine critic, Robert Parker, called "elegant and spicy." "Wine lovers will want to take advantage of this great collection of wines," says Harmon. Tickets for the Wine Tasting are \$20.

Bring your appetites! Following an array of hors d'oeuvres, and wine and other beverages, you'll enjoy a

fine dinner prepared by four of Marin's best-loved restaurants and caterers: **Left Bank**, **Marin Joe's**, **Saluté**, and **Stacy Scott Fine Catering**. Coffee and dessert will round out the menu.

Going once, going twice . . . gone! Join the excitement as auctioneer **Umberto Gibin** calls for bids on the fabulous items selected for the Live Auction. And don't forget the Silent Auction and Raffle. You'll find an amazing assortment of gifts and getaways, outings and more at incredible values. Here is just a sampling:

- ◆ 7-day Holland America Cruise for two to Alaska, the Caribbean, Mexico, or Canada/New England.
- ◆ One week stay at a vacation home on Kauai
- ◆ Personalized tour for four of Napa Valley Wine Country in a 1966 Olds Convertible, complete with lunch and an exclusive private home cellar tasting.