



DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Each year, we are proud to offer our friends and supporters the opportunity to come together in the spirit of fun to enjoy fine food, wine, and

entertainment during our spring benefit celebration. This year, we have something very special in store: Our first Rock'n Rendezvous. We're turning back the clock for a carefree trip to the fabulous 50s and we hope you'll join us.

Our spring benefit is just one of the many ways you can help to support the important work CIP carries out all year long. Your reservations, raffle and auction purchases, or cash donations go directly to fund program services, enabling CIP to make an important difference in the lives of families, individuals, and couples throughout Marin.

In this time of economic downturn, the most vulnerable in our community are those who suffer most. With the fewest resources with which to cope, many experience an even greater need for counseling and referrals. With your help, CIP can provide the type of support that can hold a family together, avoid a crisis or relapse, or save a home or a job.

During these difficult times, your dollars are especially needed to bring hope and healing to those in need in our community.

Thank you for your generous support.

FABULOUS FUN, 50s STYLE — AND YOU'RE INVITED!

Fasten your seatbelts for a great night out at CIP's Rock'n Rendezvous on Saturday, May 3, from 6:00 to 9:30 PM. Put on your high-heeled sneakers and bebop on over to **Checkers**, Marin's Exclusive Destination.



Headliners *StorkRavenMad*.

distinctive and select gift and getaway packages. Auctioneer extraordinairé **Kenn Cunningham** will be our Master of Ceremonies for the evening.

Guests will enjoy a truly extraordinary buffet by **Stacy Scott Fine Catering**, topped off with old-fashioned soda fountain sundaes. Then, put on your dancing shoes to dance the night away to **StorkRavenMad** rocking out with hits from the fantastic 50s and 60s!



Checkers is Marin's Exclusive Destination with a private museum featuring rare and classic cars from 1924 to the present.

Tickets are limited, so be sure to get your reservations in early! See page 5 for full details.

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CLINICAL SUPERVISION: WORTHWHILE!

By Sarah Brewster, PhD, MFT, CIP Assistant Clinical Director



Over 50 talented, dedicated, and generous clinicians volunteer an hour every week to supervise CIP interns—a sizeable time commitment in these days of overcrowded schedules. Yet the majority of these clinicians return year after year to supervise. Is it worth it? Yes!

Supervisors usually work with interns for a year (sometimes two or three) scrutinizing and critiquing what interns do with every client. This collaboration is intense work.

Interns must prepare some word-for-word transcripts and present weekly audio tapes of their sessions. Besides reviewing these, supervisors are called to examine their own work and how they can best communicate encouragement, support, and corrective suggestions to their interns. Clinical supervision, which began in the early 1900s, is still considered the best training tool in our field. What does this supervision add to an already lengthy and laborious training process?

One of the more subtle, yet most important, benefits of supervision is the guidance an intern receives in developing the best use of his or her own personality in the role of psychotherapist. Learning how to bring one's authentic self into intense, intimate relationships with a variety of patients without becoming overwhelmed (or overwhelming) takes a lot of time and attention. Interns cannot learn this from a course or a textbook.

Another important benefit of supervision is that it provides a "safety net" so that interns can take risks—risks of seeing things in different ways, of trying out new interventions, maybe of using silence as a deliberate option. Wise and experienced mentors can help the intern assess what worked in a given moment and, when something did not prove effective, to consider alternative strategies for the future. Working with a supervisor who makes suggestions and corrections, as the need arises, is extremely reassuring to interns. From toddlerhood on, we all fall down occasionally as we are developing new skills; it helps to be assured that we are not going to fall all alone into an abyss.

One aspect inherent in supervision is known as "parallel process," in which the supervision of a case replicates attributes of the case itself. This phenomenon occurs when, for example, an intern's fear of criticism in supervision has the same flavor as the patient's fear of criticism in the psychotherapy. When a supervisor calls attention to this parallel process, the intern's understanding of his/her client's experience in psychotherapy is immediately deepened. And the intern is given an opportunity to address what might have been a previously obscure impediment to the client's progress.

Perhaps the most difficult challenge in becoming a proficient psychotherapist is learning to understand and apply abstract theoretical concepts to specific cases. Although interns spend several years in academia learning psychological theories, until they start taking on actual cases, they have little

Few enterprises are as challenging or as stimulating as the process of becoming trusted mentors, guides, and witnesses in the process of developing new psychotherapists.

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 Alan Liebert
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 Kay McNamara, MA
 Loi C. Medvin, MA
 Mytrae Meliana, MA
 Carol Michelson, MA
 Charles Murray, MA
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 Laurie Pantell
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SPOTLIGHT ON HELEN VINE PROGRAM AND THERAPY GROUPS

Many intern-therapists participate in CIP's outreach programs, gaining valuable skills and experience while providing for the special needs of the populations served by collaborating agencies. Among these programs are the Schools Project for students struggling academically and socially in Marin's public schools; Ritter Center Program for the homeless and near-homeless; Therapy for Homeless Adults and Children at Homeward Bound of Marin; Canal Alliance Youth Counseling; The Marin Youth Center Afterschool Program, Beyond Hunger/EmBODY power Eating Disorders Prevention Program, and the Helen Vine Detox Center Program.

The Helen Vine Detox Center provides a safe transitional environment for individuals experiencing severe withdrawal symptoms due to substance abuse. The Center uses non-medical detoxification and offers 24-hour support for all individuals. CIP intern-therapists provide one-on-one counseling to various individuals reeling from the effects of withdrawal symptoms, regardless of background, age or financial status.

On a weekly basis, intern-therapists **Beth Hayes, MA**, and **Jim Burns, MA**, provide crisis-counseling sessions ranging from five to 50 minutes. The sessions involve many therapeutic aspects, including supportive work, case management, and crisis intervention. On average, each intern sees four to eight clients a week. This is a stepping-stone for many of the clients; interns help them make decisions regarding the appropriate treatment facility. According to Hayes, the goal is to "support clients' decision to become sober and continue the treatment in an inpatient facility." The services provided by CIP's intern-therapists are a pivotal part of the Helen Vine Detox Center, serving an empathic, supportive role during an incredibly difficult time in the recovery stage of substance abuse.

CIP's ongoing adult Therapy Group Program offers participants opportunities for self-exploration and interpersonal learning. In February, **Sandra Ally, MA**, and **Liza**

The sessions [with Helen Vine clients] involve many therapeutic aspects, including supportive work, case management, and crisis intervention.

Chapman began co-facilitating an all women's group, spanning all ages and focusing on several women's issues. The overall goal of the group is personal transformation and self-expression. Individuals "have the opportunity to practice effective communication, express feelings, consider intimacy and relationship issues, cultivate trust, and a deeper relationship with self and others."

Another therapy group, for both men and women, is led by **Shelly Bullard** and **Margot Holdstein, MA**. This particular group will consider communication, isolation, co-dependency, authenticity, trust, intimacy, self-esteem, conflict, connection to others, and sexuality. Its goals include "deeper connection with others and the exploration of diverse types of relationships." Both groups are designed for individuals who are already in individual therapy at CIP to strengthen and augment treatment.

For more information about CIP programs visit www.cipmarin.org. Referrals are welcome.

ROCK'N RENDEZVOUS GALA

GETAWAYS GALORE AND MUCH MORE AT 2008 LIVE AND SILENT AUCTIONS

Here is just a small preview of what's up for bid at our fourteenth annual gala benefit:

Auction Preview Items

- One week in Tuscany: apartment for two in rustic stone church village Pieve di Cerreto, in the Lucca Region in Italy.
- A day sailing on the Bay! Bring 6-8 of your friends for a sail on this 34 foot sail boat. Experienced sailors to take you through this day trip on the Bay.
- Dinner for Six at Sorrella Caffè in Fairfax, a neighborhood favorite!

Bid Online Beginning April 1!

CIP's Online Auction begins April 1. Just look for the auction link on our website (www.cipmarin.org) on that date. Then you can view and start bidding on the many fabulous items up for bid. We will transfer most of the items to our Rock'n Rendezvous, so you can continue bidding on May 3.

STORKRAVENMAD

Wanna Dance? StorkRavenMad is a band of baby boomers who have been playing rock'n roll since the 60s, and have no intention of quitting. They also play jazz, rhythm & blues, country, classical, show tunes and holiday songs, but their specialty is playing classic rock 'n roll dance music that will get any party up and on the floor. StorkRavenMad is Brian Connolly, vocals; John Eckstrom, bass; James Haverkamp, vocals and guitar; Russ Peterson, vocals; Harold Ohashi, drums; Jeff O'Sammon, vocals and guitar; and Russ Taylor, keyboards.

MEET HONORARY CHAIR PERRY LITCHFIELD



We are pleased to announce that the Honorary Chair of the 2008 Rock'n Rendezvous is Perry Litchfield, CIP Board Emeritus who remains committed to CIP's mission providing high quality, low-fee mental health services to Marin's families and individuals.

Bayside Marin founder and CEO Perry has been a successful businessman, attorney, licensed building contractor and real estate broker. And, through personal experience, he knows how important and life changing treatment can be.

Perry is proud to support CIP. "The full range of services offered through CIP is desperately needed and much appreciated," he commented.

Our hats are off in tribute to our long-time supporter and this year's Rock'n Rendezvous Honorary Chair!

MASTER OF CEREMONIES, AUCTIONEER KENN CUNNINGHAM



We are delighted to welcome back **Kenn Cunningham** to preside over our exciting 2008 Live Auction. Kenn is a graduate of the World Wide College of Auctioneering. His goal, he explains, is to put the FUN into Fundraising Auctions. Over the past 16 years, Kenn has conducted successful fundraising auctions in Sonoma, Sacramento, Napa, Marin, Placer, Lake and Mendocino counties for a variety of community and educational organizations.



Early arrivals will enjoy complimentary wine tasting from four outstanding wineries: Carneros della Notte, Row Eleven Wine Company, Starry Night Winery and von Strasser. Pictured here are Trey Granger and Mike Bates.

A Benefit for the Community Institute for Psychotherapy

Rock'n RENDEZVOUS

Saturday, May 3, 2008

6:00-9:30 PM

Held at **CHECKERS**
Marin's exclusive destination
with a private museum
featuring rare and classic cars
from 1924 to the present



Join us for a
Special Evening!

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For reservations, please complete and mail in the
enclosed envelope **no later than April 18, 2008**, to
CIP * 1330 Lincoln Avenue #201 * San Rafael * CA 94901
Make reservations early; tickets are limited.
For more information, call 459-5999, ext. 101.
www.cipmarin.org

Headliner
StorkRavenMad

**Master of Ceremonies
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Fourteenth Annual Benefit Celebration

Name _____ Phone _____ Email _____

Number of tickets (@ \$125 each) includes Wine Tasting and Martini Bar _____

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I am unable to attend but wish to make a tax-deductible donation of \$ _____

I wish to pay by credit card Number _____ CID _____ Visa MasterCard

Expiration Date _____ Name on card _____

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

RSVP

SEMINARS FOR PROFESSIONALS

INTEGRATING CONTEMPORARY INITIATIVES: THE PSYCHODYNAMIC DIAGNOSTIC MANUAL, EVOLVING THEORY, AND THE CLINICAL IMPLICATIONS OF RESEARCH IN ATTACHMENT, PERSONALITY, AND NEUROSCIENCE

with Nancy McWilliams, PhD

March 8, 2008, 9:00 AM – 4:00 PM

Location: Guzman Hall, Dominican University, San Rafael

The Psychodynamic Diagnostic Manual construes psychological problems dimensionally and contextually rather than categorically. It addresses patients' subjective experiences (affective, cognitive, somatic, interpersonal) and the possible meanings of known syndromes. Rather than reifying psychopathologies in "disorder" categories, it conceptualizes psychological phenomena in adults, children, and infants as on a continuum from mental health to severe disturbance.

Dr. McWilliams will review the manual, describe the issues involved in its evolution, and relate its contents to clinical challenges familiar to practitioners. Case material will be included.

Nancy McWilliams, who teaches at the Graduate School of Applied & Professional Psychology at Rutgers, the State University of New Jersey, is author of *Psychoanalytic Diagnosis: Understanding Personality Structure in the Clinical Process* (1994), *Psychoanalytic Case Formulation* (1999), and *Psychoanalytic Psychotherapy: A Practitioner's Guide* (2004), all with Guilford Press, and is Associate Editor of the *Psychodynamic Diagnostic Manual* (2006). She is President of the Division of Psychoanalysis of the American Psychological Association, Associate Editor of the *Psychoanalytic Review*, and on the editorial board of *Psychoanalytic Psychology*.

CIP Members: \$110 late registration. Non-members: \$140 late registration. 6 CEUs approved for MFTs and LCSWs, and 6 CEUs approved by the MCEPAA for psychologists.

BECOME A CIP MEMBER!

CIP's Professional Development Program offers a diverse line-up of Seminars for Professionals, Study Groups, and Classes on a range of topics presented by outstanding clinicians.

CIP Members receive discounts on all program events, listing in the annual Membership Directory, and are invited to contribute to "Member News and Notes" and "Professional Insight" in this quarterly newsletter. Memberships begin September 1. For more information visit www.cipmarin.org or call Leslie Isaac (415) 459-5999 x 101.

TO REGISTER

Visit www.cipmarin.org

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MEMBER NOTES & NEWS

Tom Thurston has completed intensive training in AEDP, and is excited to continue working in this new model blending attachment theory and affective neuroscience. He is expanding his practice in San Rafael and is supervised by Ruth Jaeger, LCSW. His office is (415) 419-3525.

From **Patricia Frisch, PhD**: New Modular Clinical Program in Reichian Therapy begins 4/19/08. Clinicians can invigorate their approach and bring new vitality to their work. Reich's character interventions quickly and deeply facilitate patient break-through. Other approaches (i.e., Masterson and Jung) are seamlessly integrated. <http://www.orgonomictherapy.com> or (415) 388-0622.

Sarah Brewster, PhD, MFT, is delighted to announce that **Adrienne Hart, MFT**, is now licensed and accepting clients. Adrienne trained at CIP for three years and then worked as an intern in my private practice. Adrienne's focus is depth oriented psychotherapy in object relations. She works with adults and couples, and has specialized training in somatic/body-based therapies. Adrienne's office is in Corte Madera and she can be reached at (415) 257-4046.

Jessica Reid Tsukahara, RN, MFT, is happy to announce the opening of her new office at 240 Miller Avenue in Mill Valley. She sees children, teens, adults; individuals, couples, families, and groups. Working from an integrative psychodynamic perspective including attachment, she is also able

to enhance the work with sand tray, art or play therapy, EMDR or cognitive-behavioral skills. Treating many issues, she is especially experienced in cross-cultural conflicts and her nursing background attunes her to clients with health/healthcare issues. Jessica is forming two groups, both five weeks. One is for women (partners encouraged) suffering pregnancy loss, and the other for adolescents with a parent who is dealing with serious illness. They will both be on Wednesdays in Mill Valley.

Garth Copenhaver writes: I'm doing my pre-doc internship at the Jung Institute. I'm learning a lot and enjoying it. I'm frequently reminded of having had such good training at CIP, particularly with the didactics and supervision. I wanted to tell you that I feel very grateful.

THE PSYCHODYNAMIC DIAGNOSTIC MANUAL: AN EFFORT TO BE CLINICALLY RELEVANT

Nancy McWilliams, PhD

The *Psychodynamic Diagnostic Manual* (PDM) was developed by task force members from the American Psychoanalytic Association, the International Psychoanalytical Association, Division 39 (Psychoanalysis) of the American Psychological Association, the American Academy of Psychoanalysis and Dynamic Psychiatry, and the American Association for Psychoanalysis in Clinical Social Work (formerly NMCOP). It reflects concerns that many practicing therapists have with relying solely on post-1980 editions of the *Diagnostic and Statistical Manual of the American Psychiatric Association* (DSM) for clinical assessment.

The PDM attempts to supplement taxonomies such as the DSM with more fleshed-out, clinically relevant concepts. Stanley Greenspan, the child psychiatrist, spearheaded the project and saw it through in just two years. Several concerns were motivating him. First, the DSM is essentially a compilation of



affect tolerance, agency, intimacy, resilience, and mentalization.

Practitioners are also typically struck by the complexity and interpenetration of their clients' complaints. They rarely see them as collections of unrelated, comorbid disorders. Instead, they tend to construe psychological problems dimensionally, as matters of more or less, central or peripheral, adaptive or maladaptive—that is, not in terms of presence versus absence. They also seek to understand their clients' subjective experience of mental suffering, a topic only briefly noted in the DSM.

Reflecting the orientation of therapists, the PDM attempts to be dimensional, contextual, inferential, and attentive to the subjective experience and personal meanings of psychopathology. It includes sections on (1) adults, (2) children and adolescents, (3) infants and preschoolers, and (4) conceptual and research data informing its formulations.

The adult section begins with personality patterns and disorders. Each personality type is depicted via central themes, affects, defenses, and orienting beliefs. Constitutional-maturational factors and characteristic transference-countertransference patterns are noted, along with

implications for treatment. There follows a profile of mental functioning, covering nine core ingredients of mental health (e.g., affect tolerance, capacity for intimacy). The next section elaborates on the DSM symptom syndromes in terms of clients' subjective experiences (affective, cognitive, somatic, and relational). Finally, three case write-ups exemplify the art of case formulation for treatment planning.

The child/adolescent section has the same components but, because personality patterns are still emerging in young people, begins with the mental functioning profile rather than with personality. The infancy section covers three broad realms of early childhood problems: interactive disorders, regulatory-sensory processing disorders, and neurodevelopmental disorders of relating and communicating. The section on conceptual and research foundations consists of cutting-edge articles by major psychoanalytically oriented researchers (e.g., Blatt, Fonagy, Shevrin, Westen) on psychopathology, personality, neuroscience, and therapy process and outcome. These contributions challenge the prevalent contemporary belief that depth-psychological approaches to understanding people and problems are not “evidence-based.”

The writers of the PDM do not expect insurance companies to rush to embrace a taxonomy that assumes that psychotherapy may require careful case formulation, intensive intervention, and time. But they hope it will enrich the training of therapists and broaden

Reflecting the orientation of therapists, the PDM attempts to be dimensional, contextual, inferential, and attentive to the subjective experience and personal meanings of psychopathology.

“disorder” categories and disease entities intended to improve certain kinds of research. Beyond assuming the value of symptom-reduction, it has no inherent notion of positive mental functioning. Clinicians, in contrast, generally try to help clients toward an implicit ideal of mental, social, and emotional health. Besides trying to relieve symptoms, they strive to increase such capacities as

(continued on page 10)

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Community Notes Display Advertising Policy

CIP's quarterly newsletter, Community Notes, is mailed to more than 12,000 Marin residents. CIP accepts display advertising according to the following terms.

Large size:	4.5" high	2.25" wide (vertical): \$500/issue
	2.25" high	4.5" wide (horizontal): \$500/issue

Standard size:	2.5" high	2.25" wide: \$250/issue.
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Business card:	2" high	3.5" wide: \$350/issue
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Acceptable submission formats: Quality (1200+ dpi) camera-ready print-out or electronic files in TIFF, JPG, BMP, or PDF.

Deadlines:

November 1	January issue
January 1	March issue
April 1	June issue
July 1	September issue

Please email ads to rjberensoncip@aol.com or send by mail to:
Community Institute for Psychotherapy
Attn: Administrative Manager
1330 Lincoln Avenue # 201
San Rafael, CA 94901

Ad space is limited. Early reservation is advised. CIP reserves the right to refuse any advertisement at its own discretion.

NEEDED: A FEW GOOD MEN AND WOMEN

CIP is currently expanding our governing Board of Directors, and we are looking for Marin community members eager to apply their skills and talents to new challenges.

What does a CIP Board member do? Here are a few Board member responsibilities:

- As a CIP ambassador, you would identify and develop relationships with current and prospective supporters of CIP's psychotherapy programs and partnerships.
- As a key CIP supporter yourself, you would play an active role in our fund-raising activities and events.
- You would also provide insights and perspective unique to your business or professional background regarding CIP's nonprofit business practices and policies.

What do you get back for giving back? **CIP Board President Lorn Dreitzler** put it this way: "Staff, board, and volunteers associated with CIP are all wonderful to work with. We take pride in the accomplishment of consistently delivering counseling services that are affordable to the most vulnerable residents. Through these services, as well as our educational outreach and training program, CIP makes a vital, lasting contribution to our community."

Interested? What to know more? Call CIP Board Member **Gregg Elberg** at (415) 482-9221, or contact Executive Director Robin Berenson at (415) 459-5999, ext. 100, or rjberensoncip@aol.com.

DR. ROBIN JOY BERENSON NOMINATED FOR HEART OF MARIN AWARDS

Over 630 community and youth leaders representing 95 Marin nonprofit organizations, local dignitaries and business members filled the Marin Center and Exhibit Hall in San Rafael for the 15th annual Heart of Marin Awards, sponsored by the Center for Volunteer and Nonprofit Leadership (CVNL) and Tamalpais Bank. Among the honorees was CIP Executive Director Dr. Robin Joy Berenson, nominated in the Excellence in Leadership category by Board President Lorn Dreitzler for her inspiring and steadfast leadership over the past 18 years. Here are some excerpts from the nomination:

Since 1989, Dr. Berenson has held an overarching vision for CIP that reflects the agency's grassroots, community-based origins and lasting commitment to the fulfillment of its mission. Under her capable leadership, CIP has enjoyed a pattern of steady growth, increasing the number and capacity of clinical programs to address the special needs of disadvantaged, vulnerable populations, and expanding the scope and quality of the internship program. In 2007, Dr. Berenson worked to build upon past achievements to realize further benefits to the Marin community.

(continued on page 10)

BOARD NEWS

CIP Board of Directors

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THANK YOU, ALLENSBY!

CIP was among the nonprofit organizations honored in January by the **Allensby Charity Fund Trust of the San Rafael Elks Lodge #1108**. CIP Board member **Karen Koster** and CIP Board Treasurer **Robert Sonnenberg** accepted a \$2,000 grant awarded in support of CIP's Support for Single Parent Families counseling program.

CLINICAL SUPERVISION: WORTHWHILE!

(CONTINUED FROM PAGE 2)

opportunity to connect theoretical constructs to real situations. The guidance of an experienced supervisor is an invaluable aid in learning how to connect theory and reality in psychotherapeutic treatment.

Of the many other ways in which the process of individual supervision is essential in the making of a psychotherapist, one more should be mentioned: supervision allows the intern to learn with the help of a seasoned guide, what a complex activity psychotherapy actually is. The therapeutic relationship is much more than one person who can listen well plus another person who is confused or in pain. Psychotherapy is a uniquely structured conscious (and unconscious) relationship between two people, both of whom stand to change in the process. Good supervision fosters an appreciation of this rich process.

CIP is a wonderfully special training institute where learning takes place almost every minute of every day.

And what about the intern's client and supervisor? How do they benefit from this process? Clients certainly benefit from the attention of two dedicated clinicians, even if one remains anonymous. And supervisors have much to gain in this extraordinarily complex teaching/learning process. Few enterprises are as challenging or as stimulating as the process of becoming trusted mentors, guides, and witnesses in the process of developing new psychotherapists.

Note: Dr. Brewster invites qualified clinicians who would be interested in supervising at CIP to call her at 459-5999 X 303.

NOTABLE QUOTES: ON CIP INTERNSHIP BY YVONNE KLITSNER

As a first internship, the training has been superior for me, exposing me to various ways of thinking about clients, theoretical orientations and practices. While without a doubt quality of experience has been exceptional, what has been most meaningful for me is the community that exists within the structure of CIP. I believe that it was through the tightly knit group and the feeling of connection that came with it that supported me most in finding my voice, and consequently, a new sense of self in this mid-life career transition of becoming a psychotherapist.

From "A Celebration of Completion" delivered at CIP's 2007 Celebration of Community. Yvonne is continuing her training at the C.G. Jung Institute of San Francisco.

THE PSYCHODYNAMIC MODEL

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discussions about mental health policy. One unfortunate side effect of the adoption of a descriptive/psychiatric model to understand clinical phenomena has been that many newer therapists have no idea of the richness and clinical usefulness of the inferential diagnosis that once informed our understanding of the people we seek to help.

The PDM can be ordered at www.pdm1.org. The collaborating groups have kept the price under \$35 to make it affordable to students. Proceeds will go into a fund for clinical research.

Nancy McWilliams, PhD, is associate editor of the PDM. She is the incoming president of APA's Division 39 and author of three books on diagnosis and treatment. She teaches at the Graduate School for Applied & Professional Psychology at Rutgers, the State University of New Jersey.



We invite CIP Members to submit articles for "Professional Insight" on topics of professional interest for publication in this newsletter.

Send articles 600-650 words, plus short bio and photo to:

CIP Newsletter
1330 Lincoln Avenue # 201
San Rafael, CA 94901
rjberensoncip@aol.com

HEART OF MARIN AWARDS

(CONTINUED FROM PAGE 9)

Since becoming Executive Director, Dr. Berenson has increased the internship program from a one-year program to two-, three- and four-year internships for graduate students in psychology, social work, and counseling, each of whom receives professional training and supervision provided by more than 80 mental health professionals who volunteer their services.

Through CIP programs, Dr. Berenson has stressed the importance of problem prevention and access to services. Understanding that the two greatest barriers to access to needed mental health services are the cost of treatment and the social stigma around mental health issues, she has aggressively addressed these barriers in several ways. Her careful management and ability to leverage scarce resources for maximum quality of care has kept operating costs low, so that fees are affordable for all individuals and families in need.

As a licensed Marriage and Family Therapist in private practice, Dr. Robin Joy Berenson is more than administrator and clinician, she is a healer. The guiding principle of her vision is the creation of a community that fosters healthy families and individuals, where help and support is readily available for all in need.

CIP STORIES OF HEALING, STORIES OF HOPE

We'd like to share some recent stories showing what your support of CIP makes possible for those in need. The names and details below have been changed to protect clients' privacy, but the hope and the healing are very real.

Couples Counseling Program

Married five years, Lexie and Matt started couples counseling at CIP because of marital discord arising after the birth of their first child. It was the first time they had experienced serious arguments and both were feeling overwhelmed with their new responsibilities. They have been involved in counseling for the past six months, which has made them more aware of their unvoiced expectations of themselves and each other. They are learning new communication skills, developing better coping tools, and overall have a happier, healthier family.



Eating Disorders Therapy Program

Rachel started therapy at CIP this past October for her eating disorder, Bulimia Nervosa. Unable to resist the urge to binge and purge when emotions became too much, her social relationships were failing and her academics suffered greatly. In combination with medication and a large amount of work with her therapist at CIP, Rachel has been symptom free for the past 30 days. She and her therapist are now addressing the underlying issues contributing to her stress, and she is learning to deal with her emotions in healthier ways.



Help for Disadvantaged Families & Individuals at Risk

Ashley, eight years old, came into CIP due to adjustment issues surrounding her parents' recent divorce. She was having trouble in school and had problems relating to peers. This was quite troubling to her parents due to the fact that Ashley had always flourished in school and was popular among classmates. Within a short number of sessions, Ashley was showing improvement. Therapy included individual play therapy as well as family sessions, which revealed to the parents Ashley's need for greater reassurance and support at this time. The relationships have gotten better, and Ashley is making progress every week.



Support for Single Parents and Their Children

Thirteen year old Kathy was initially brought in by her mother. Kathy had been caught drinking, using drugs, and missing school for days at a time. Her mother also sought counseling, seeking help to manage her multiple responsibilities and improve her communication with her daughter. Since beginning therapy eight months ago, Kathy's drug use has ceased and their relationship has showed great improvement. It is evident that mother and daughter are using the therapy wisely and thus benefiting from it.

REFERRALS WELCOME

We offer long-term depth psychology as well as short-term counseling. Areas of focus include relationship, parenting, life and career issues, self-esteem, women's and men's issues, loss and grief. We work with depression, anxiety, trauma, PTSD, dual diagnosis, addictions, and in-depth work with clients with axis II disorders.

ON-SITE PROGRAMS

- Adult Survivors of Childhood Abuse Program
- Adult Therapy Groups
- Couples Program
- Eating Disorders Therapy Program
- Help for Disadvantaged Families & Individuals at Risk
- Psychological Testing
- Support for Single Parents and Their Children

OFF-SITE PROGRAMS

- Beyond Hunger/EmBody Power Program
- Canal Alliance Youth Counseling
- Helen Vine Detox Program
- Homeward Bound of Marin Therapy
- Marin Alliance for Psychiatric Services (MAPS)
- The MYC Afterschool Program
- Ritter Center Program
- The Schools Project



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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

IN THE COMMUNITY: CIP NETWORKING AND OUTREACH

For more than 30 years, CIP has played an integral role in the Marin community, participating in a rich referral network of public and private entities. We believe that the exchange of education and information is essential to effective collaboration and the provision of excellent services.

Recent outreach to agencies has included presentations to the Marin Organizing Committee, Health Division by Executive and Clinical Director **Robin Joy Berenson, PhD, MFT**; NAMI Marin by **Jeana Reynolds, MFT**; Marin County Probation Department by **Sarah Brewster, PhD, MFT**, and Novato Community Clinic by **Jeana Reynolds, MFT**.

Graduate School Internship Fairs

CIP's excellent training program attracts well-qualified and motivated psychotherapy interns from graduate schools throughout the Bay Area. Each year, we visit graduate schools to speak with prospective interns about our internship program.

CIP was recently represented at John F. Kennedy University by Assistant Clinical Director **Sarah Brewster, PhD, MFT**; Argosy University and the CAPIC Fair by Director of Pre-Doctoral Studies **Paula Sitelman, PsyD** and intern, **Cristina Loree, MA**; and Sonoma State by Assistant Clinical Director **Eloise Riviera, MFT**.

CIP's Community Speakers Bureau offers educational presentations on a wide variety of topics of general interest. These accessible and practical presentations by licensed mental health professionals are designed to help individuals prevent or resolve common problems, enhance the ability to achieve personal goals, and promote personal and family well-being. These hour-long programs are available at no charge to community organizations and schools upon request.

If you would like to arrange for a presentation or to have a representative from CIP visit your agency or organization to talk about our services, please contact Leslie Isaac at (415) 459-5999 ext. 101.