



# COMMUNITY NOTES

## DIRECTOR'S MESSAGE



CIP is well known throughout the Marin community as a place where those in need can turn for quality, affordable care. All year, every year, our sliding scale services act as a safety net for hundreds of families, children, and adults.

Dr. Robin Joy Berenson

Proceeds from our annual Spring benefit celebration, such as our 2010 *Ticket to Ride*, play an important role in assuring that these programs remain available to all in need. This year, our funding needs are greater than ever before.

Please help us make *Ticket to Ride* a success. Here's what you can do:

- Become a sponsor! Receive recognition for your support in media throughout the Bay Area, plus benefits such as complimentary tickets to the event.
- Donate an auction item! Buy an auction item! Bidding on our fabulous items begins online on April 28.
- Buy raffle tickets!
- Most importantly, be on hand when *Ticket to Ride* takes off! Treat yourself, your family and friends to a great, fun-filled evening: join in the merriment, enjoy good food, excellent wine, wonderful music, and a special dance performance!

We hope to see you there!

Find out more about all of these in this newsletter and at [cipmarin.org](http://cipmarin.org).

## HERE'S YOUR TICKET TO RIDE FOR A WORTHY CAUSE!



*Roll up! Roll up!* Come join the fun and *get back!* as CIP's 16th annual benefit celebration, *Ticket to Ride*, takes you back to the innocence of bygone days, for a fun evening with a Beatles twist on Saturday, May 15, from 4:00 to 8:00 pm at the gorgeous hilltop setting of Unitarian Universalist Congregation of Marin in San Rafael\*. Here are the great features in store for you:

Fine wine tasting will be offered by select California wineries, including Artesa Vineyards and Winery, Carneros della Notte, Cecchetti Wine Company, Heitz Wine Cellars, Kathryn Kennedy Winery, Starry Night Winery, and Windsor Vineyards.

Gourmet chef stations, under the direction of Stacy Scott Fine Catering, will present signature dishes by David Haydon of Il Davide, Sol Foods, Strawberry Deli, Stacy Scott Fine Catering, and Whole Foods.

We are delighted to welcome back everybody's favorite movie critic and entertainment reporter Jan Wahl as our Mistress of Ceremonies. Jan will lend her magic touch as our Auctioneer for the evening.

You won't want to miss our great Live and Silent Auctions, featuring exciting get-aways, romantic dinners, luxury accommodations, family fun, collectibles, sports, food and fantasy packages, and other crowd-pleasing delights. The fun begins online on April 28; see page 8 for details!

Sit back and enjoy a great pre-auction performance as the dancers from Dance Arts Studio perform a Beatles Tribute.



Then *dance, dance, dance* as StorkRavenMad delivers a delightful array of Beatles favorites, such as *All My Loving*, *Eight Days a Week*, *Michelle*, *While My Guitar Gently Weeps*, *Taxman*, *She Loves You*, *Get Back*, *Back in the USSR*, and more!

All proceeds from the event will go to provide vital funding for CIP's quality, affordable services throughout the year. Make your reservations today! See page 5 for details.

\*Note venue change.

## PROFESSIONAL DEVELOPMENT SERIES 2010

### SEMINARS FOR PROFESSIONALS



#### Working with Pathogenic Beliefs: A Powerful Method of Overcoming Impasses in Psychotherapy

with *Irwin Gootnick, MD*

March 13, 9:00 AM – 4:00 PM; Town Center, Corte Madera  
CIP Members: \$120; Non-members: \$140



#### Inside a Child's Mind/Inside a Mother's Mind: A Psychoanalytic Exploration and Understanding of the Parallel Experiences of Step Parenting, Adoption, Foster Parenting and Biological Mothering with Implications for Treatment

with *Barbara Waterman, PhD*

April 17, 9:00 AM – 4:00 PM, at CIP, 1330 Lincoln Ave., Suite 201, San Rafael  
CIP Members: \$100 or \$120 after April 3; Non-members: \$120 or \$140 after April 3

### STUDY GROUPS & CLASSES



#### Dream Consultation Group

with *Meredith Sabini, PhD*

Every other Wednesday, 1:00-3:00 PM, March 3, 17, 31, April 14 and 28.  
Fee: \$50 per session (participants may attend on a per session basis)



#### Treatment Approaches Specific to Developmental Stages of Life Issues

with *Ann Bernhardt, PhD*

March 6, 9:00 AM – 1:00 PM; Town Center, Corte Madera  
CIP Members: \$80; Non-members: \$90



#### The Nearness of Attention: A Course on Psychoanalysis and Meditative Traditions

with *Karen Peoples, PhD*

Mondays, 7:30-9:00 PM, March 15, 22, April 5, 12; CIP, Suite 201, Group Room

Co-sponsored with the Psychoanalytic Institute of Northern California (PINC)  
\$100 Licensed Professionals, \$80 Psychoanalytic Candidates, \$60 Students/Interns



#### Every Problem Contains the Seed of Its Own Solution: The Clinical Implications of "Process Work"

with *Lane Arye, PhD*

May 22, 9:00 AM – 1:00 PM; Town Center, Corte Madera

CIP Members: \$60 or \$80 if received after May 7; Non-members: \$70 or \$90 if received after May 7

**For complete information go to [www.cipmarin.org](http://www.cipmarin.org).**

### CLINICAL CONVERSATIONS

Third Friday of the Month, 10:00 AM – 12:00 PM at CIP

CIP Members: Free; Non-members: \$15

MFT/LCSW CEUs \$5; 2 CEUs per session approved for MFTs and LCSWs.

March 19: **Michelle Frisch, PhD**, *When Couple Therapy is Not Enough: The Couple Therapist's Subjective Experience When Considering a Recommendation for Individual Therapy*

April 16: **Linda Graham, MFT**, *Healing Relationships with Oxytocin: The Neurochemical Platform for Therapeutic Change*

To present or suggest a topic, please call Karen Weinberger (415) 459-5999 ext. 303.

### CLINICAL STAFF

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**Paula Sitelman, PsyD**  
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**Belinda Ryland, MFT**

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

*(continued on page 3)*

### CIP WISH LIST

- LCD Projector (minimum of 2000 lumens) for projecting Power Point and Video presentations.
- High volume, heavy duty shredder.

## CLINICAL STAFF (con't)

### Clinical Supervisors

Douglas Armstrong, PhD  
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John Brown  
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Michelle S. Cilia  
Amanda Beth Elder, MA  
Elizabeth Franks  
Rebecca Goettsche  
Michael Grubb  
Ginnie Hazlett  
Brooke Jackson, MA  
Nikoo Khansari  
Wendy Labov-Dunne, MA  
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## CIP AT RITTER CENTER: A COLLABORATION THAT WORKS

CIP's Ritter Center program, in which CIP intern-therapists offer counseling on-site to the homeless and near-homeless individuals utilizing Ritter Center's support services, is a wonderful example of the ways in which interagency collaboration can better meet of the constituents they serve.



Ritter Center's many services include a medical clinic, supplemental food and clothing, showers, laundry, rest-rooms, general delivery mail, voicemail—all free of charge to clients. Presently, two CIP interns, Michael Grubb and Michelle Cilia, each provide counseling at the Center four hours a week, on a drop-in and appointment basis. Their work provides the problem solving and emotional support that can make the difference between an individual's ability to effectively act on a case management plan or stay on the street.

*Abby\*, a widow in her early fifties, came to Ritter Center on the verge of being homeless. Laid-off from her job and about to lose her home to foreclosure, she had no children or close relatives to turn to for help. Ritter Center staff helped Abby create a plan that would connect her to resources in the community, and keep her from homelessness. When Abby failed to act on her plan, Ritter Center staff referred her to CIP intern Michelle Cilia. In counseling with Michelle, Abby shared her grief about losing her husband, their home, and her job, and expressed her fear of the unknown life ahead of her. Michelle and Abby talked about positive ways Abby might cope with her fears and grief, and counteract her feelings of anxiety and panic. They also explored Abby's shame about using the community resources that would help her avoid homelessness—shame stemming from her family and personal values about not taking "hand-outs." As a result, Abby came to understand that these support services were her community's way of being there for her and that she would avoid further shame and personal difficulties by preventing erosion of her health and well-being. Because of her work with Michelle, Abby was able to take steps in her action plan and avoid living out of her car.*

Through donations and grant funding support of this CIP counseling program, Ritter Center clients are able to receive up to six sessions without cost. CIP Supervisor Nancy Lambert, PsyD, serves as Program Director, and, with interns, works closely with the Ritter Center staff to transition people into housing and employment, and help them access health and mental health services, and substance abuse treatment, as needed.

*Polly\*, homeless and living on the streets for several years, learned about Ritter Center from others in the street community, and came to obtain a mailing address and food. When Ritter Center staff talked with Polly about housing available in the county, Polly was reluctant to accept the shelter. Staff then referred her to Michelle Cilia. At first, Michelle helped Polly to take advantage of the Ritter Center's free shower, clothing and food programs. Feeling better from having these basic needs met, Polly began to trust Michelle and talk about her fears about moving into a housing facility. Michelle determined that Polly was experiencing post-traumatic stress due to three incidents in which she had been assaulted and robbed while*

*(continued on page 6)*

\*Names have been changed to protect the privacy of this individual



MINDELL'S PROCESS WORK:

THE CLINICAL IMPLICATIONS OF "EVERY PROBLEM CONTAINS THE SEED OF ITS OWN SOLUTION"

by Lane Arye, PhD

Arnold Mindell's Process Work (also called Process Oriented Psychology) is an innovative and powerful method of working with individuals, families, and groups. When Mindell began developing Process Work in the 1970's, he was a training analyst at the C.G. Jung Institute in Zurich, Switzerland. Jung was interested not only in the cause of a symptom, but also its purpose, the direction in which it leads us. He understood that the seed of a solution is contained within the problem itself. Process Work builds on this principle. The method recognizes patterns for change that first appear as disturbances. Process Work is also rooted in Taoism, which teaches that there is an unseen direction in which things move, a dynamic order that structures the way things are. As a Process Worker, I try to follow this natural intelligence. When I explore problems with accuracy and heart, clients discover new ways forward that are often surprising, creative and transformative.



childhood, and said this felt like simultaneously giving and receiving the motherly love he never had. In subsequent sessions, he reported that whenever anxiety

started to surface, he would "hug" himself; this helped him to calm down and avert an attack. He said that being more actively loving with himself had helped him to feel more loved by, and loving toward, his partner. As often happens, the presenting problem contained the seed of its own solution, and also solutions to other areas of his life.

This simple example illustrates key ideas and methods of Process Work. Clients' experiences have objective, *consensus reality* aspects that observers can agree on, measure, or diagnose. Experiences also have subjective, *dreamlike* aspects that are different for each person and are not measurable. I say dreamlike because they are mysterious until their deeper, hidden meaning is unfolded. This man's subjective experience of anxiety was a squeezing in his chest. Just behind the squeezing was an inner mother waiting to be discovered, and a nondual experience of love that transcended giving or receiving.

*Channel awareness* (working in the channel or mode in which a client is experiencing something) is a useful tool. My client experienced anxiety as a squeezing (an internal *movement*), and his hand *moved* slightly as it squeezed his chest. Working with *movement* (by asking him to actively

squeeze the pillow) allowed the experience to unfold in its own channel. Using the channel in which the process is happening is like speaking to a foreigner in her own language.

It is also helpful to notice what is *closer to* or *further from* the client's *identity* and *intention*. At the beginning of the session, he was the victim of squeezing. When he started to intentionally squeeze the pillow, the squeezing was no longer bad. In fact, it had transformed into something he needed in his life. Identifying also with the "squeezer" (rather than only with the "squeezed"), he became the loving mother he longed for. This subtle expansion of identity, and the increased sense of meaning and wholeness that results, is a key feature of Process Work.

Whether I'm working with dreams, traumas, childhood issues, relationships, physical illness, creativity, altered and extreme states of consciousness, or world conflicts, I practice *following* "what is" instead of fighting against it. Problems then transform into solutions, and life becomes richer and more meaningful.

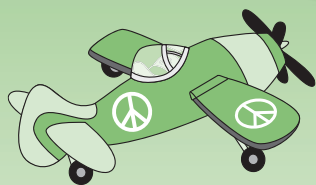
*Lane Arye, PhD, is a Process Work Diplomat who trains therapists around the world. Author of Unintentional Music: Releasing Your Deepest Creativity and numerous articles, he led a UN project in the Balkans working with post-war conflict and trauma.*

*Dr. Arye will present an all-day seminar, "Every Problem Contains the Seed of It's Own Solution: The Clinical Implications of 'Process Work,'" on May 22. See page 2 or visit [www.cipmarin.org](http://www.cipmarin.org) for details.*

*This subtle expansion of identity, and the increased sense of meaning and wholeness that results, is a key feature of Process Work.*

How does this work in practice? A client complained of anxiety attacks. I asked him to describe his experience of anxiety. He clutched his chest, saying it felt like something squeezing him. I invited him to squeeze a pillow in the same way he felt squeezed. As his hands and arms compressed the pillow against his chest, his eyes closed so he could feel the experience more fully. He was surprised that this was pleasant, that it relaxed him. Going deeper, he said he felt like he was hugging a child. He had missed such supportive contact in his

A Benefit for the  
Community Institute for Psychotherapy



# TICKET TO RIDE

## Join us for a Special Evening

Saturday, May 15, 2010 ♦ 4:00-8:00 pm

Fellowship Hall, Unitarian Universalist Congregation of Marin, San Rafael

### Mistress of Ceremonies and Auctioneer

Jan Wahl, Film Critic

### Entertainment

StorkRavenMad  
Dance Arts Studio

Live and Silent Auctions  
of unique gift packages

### Dining Across The Universe

Gourmet Chef Stations created and provided by  
Stacy Scott Fine Catering  
additional Chef Stations from Il Davide and  
Sol Foods. Appetizers by Whole Foods  
and Desserts by Strawberry Deli.

### Wine Tasting

Artesa Vineyards & Winery  
Carneros della Notte  
Cecchetti Wine Company  
Heitz Wine Cellars  
Kathryn Kennedy Winery  
Starry Night Winery  
Windsor Vineyards

### EVENT SPONSORS



### Here Comes The Sun

Perry D. Litchfield, Esq., Resolution Remedies



### Come Together

Autodesk ♦ Tamalpais Bank



### Eight Days a Week

Bank of Marin ♦ The Pasha Group ♦ Wordsworth



### Don't Let me Down

Fidelity Investments  
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Hardesty & Bott LLP

Reservations are limited.

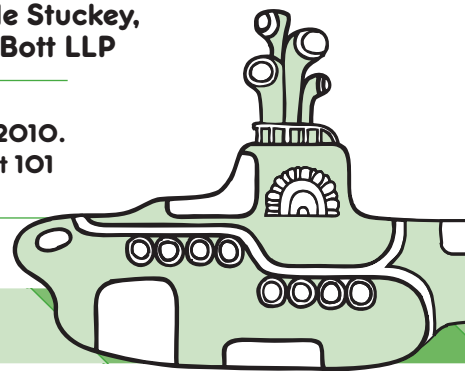
Make reservations no later than April 23rd, 2010.

To purchase tickets call (415) 459-5999 ext 101

or visit [www.cipmarin.org](http://www.cipmarin.org)

MOP TOPS OPTIONAL ♦ PRIZES AWARDED

SixTEENTH Annual Benefit Celebration



Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Number of reservations \_\_\_\_\_ x \$60 (includes Wine Tasting) \$ \_\_\_\_\_

Raffle Tickets (6 for \$25) \$ \_\_\_\_\_

I wish to make a tax-deductible donation of \$ \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

I wish to pay by credit card  Visa  MasterCard Number \_\_\_\_\_ CID \_\_\_\_\_

Expiration Date \_\_\_\_\_ Name on card \_\_\_\_\_

Billing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

# RSVP

Make reservations online at [www.cipmarin.org](http://www.cipmarin.org), or mail this form with payment to CIP, 1330 Lincoln Ave #201, San Rafael, CA 94901.

Reservations will be held at the door.

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## *A Heartfelt Thank You to Our Donors (June 2009 – February 2010)*

### *Individual Donors*

#### **Circle of Inspiration**

Barbara S. & Laurence Brauer  
Kathleen Burgy Trust, in memory of  
Kathleen Burgy  
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### **CIP AT RITTER CENTER** *(continued from page 3)*

*living on the streets. Polly explained she was terrified of being attacked at the housing facility, away from her community of friends. Together, they discussed Polly's normal fears of the unknown future fueled by her traumatic experiences on the street. Michelle also worked with the Ritter Center psychiatric services to adjust Polly's medications. With this multi-pronged approach, Polly was able to achieve a more balanced perspective and agreed to move into the housing facility, where she is sheltered and receiving needed services.*

For more information about CIP's Ritter Center counseling services program, contact Paula Sitelman, PsyD, at (415) 459-5999, extension 301.

## WHAT YOU MAKE POSSIBLE . . .

One hundred percent of the proceeds from our *Ticket to Ride* benefit will go directly to fund program services for families, children, individuals, and couples who otherwise could not afford the help they need.

Here are a few examples of how your participation in our *Ticket to Ride* benefit event can make a difference in the lives of those we serve.

- Six raffle tickets at \$25 = A counseling session for a homeless individual working to regain self-sufficiency. (Ritter Center Program)
- Two tickets for \$120 = Four weeks of counseling for a family in conflict. (Help for Disadvantaged Families and Individuals at Risk Program)
- \$100 auction item = Three counseling sessions for a young man struggling to overcome the aftermath of an abusive childhood. (Support for Survivors of Childhood Abuse Program)
- \$280 auction item = Eight hours of counseling at Canal Alliance, helping at-risk youth stay on track and out of trouble. (Canal Alliance Afterschool Counseling Program)
- \$500 auction item = Fourteen sessions for a young mother seeking help to overcome her own abuse in order to raise her children in a safe, nurturing home. (Support for Single Parents and their Children)

### **CIP IS GOING GREEN!**

Help us reserve resources —  
Send us your email address  
and receive *Community  
Notes* by email!

[cipmarin@aol.com](mailto:cipmarin@aol.com)

## SPONSOR SPOTLIGHT: WHY WE SUPPORT CIP!

Each year, businesses of every size and description provide vital funding for CIP's mental health services through their sponsorship of our annual benefit celebration. This year's *Ticket to Ride* is the perfect way for businesses and community members to show their support and lead the way in gaining valuable recognition for the cause of mental health in our community.

Why have our 2010 sponsors chosen to support CIP? Here's what some of them have to say:

"In a day when we are all especially conscious of obtaining the greatest good for every dollar spent, I can think of no other investment more worthwhile: To invest in CIP is to invest in the health and well being of hundreds of families and individuals each year. A worthy cause, indeed." **Perry D. Litchfield, Honorary Event Chair**



"Through our products, values and actions, Autodesk, like CIP, strives to respond to community needs, working to build and foster healthy, sustainable communities. For this reason, the company has been a strong and generous supporter of CIP through grants for program services and sponsorships." — **Julie Wilder, Manager, Worldwide Community Relations, Autodesk**

"Marin County has a justifiably well-known reputation for supporting nonprofit organizations that provide aid to at-risk individuals. Tamalpais Bank supports CIP's efforts in providing mental health counseling services in order for individuals to lead fulfilling and fruitful lives."

— **Mark Garwood, CEO & Chairman, Tamalpais Bank**



"Bank of Marin has supported CIP for more than 10 years because we realized the importance of your service to people who need and deserve your support, but do not have the resources to pay for that need. We are grateful to be a partner with CIP and your wonderful staff and volunteers, who give so much of themselves to meet the needs of others." — **Joan Capurro, SVP, Director of Community Relations, Bank of Marin**

"The compassion, support and training in the mental health field are here to serve CIP clients and their families in Marin. These are lifesaving resources towards the creation of a healthy community." — **Janet Pasha, The Pasha Group**

"It is an honor to support an organization that accomplishes so much good work in our community, helping children in schools, young families, people in all walks of life. We are very proud to sponsor CIP's *Ticket to Ride* and contribute to their efforts." — **Barbara S. Brauer, Wordsworth**

"For over 45 years, First Federal Savings has served the Bay Area. We believe in the values of CIP and are proud to support their programs." — **James Carriere, Vice President of Retail Banking, First Federal Savings and Loan Association of San Rafael**

**Become a sponsor!** Sponsorship offers public recognition and marketing benefits, along with free tickets to the event. Sponsors receive acknowledgment in Bay Area wide publicity, in our quarterly newsletter (with a distribution of more than 10,000) as well as at the event, and a display ad in the Event Program booklet. For more information visit [www.cipmarin.org](http://www.cipmarin.org).

### CIP Board of Directors

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## FOLLOW CIP ON SOCIAL MEDIA SITES

Do U Tweet? Are you a  
Facebook fan?



Social media is gaining a huge audience, and CIP is in the forefront utilizing this fast paced word-of-mouth communication tool. We encourage you to follow, tweet, become a fan, link in and stay up to date with CIP news. Get inside information on programs, intern activities, special events and useful tips on mental health.

The premise of social media is to think of the social news sites as a platform or a soapbox, as something that gives you a chance to be heard or read, even for a brief moment or a few hours. The people who are drawn to our message will visit our site and recommend it to others. Inbound marketing is important: since people come to you, trust is built, and genuine followers hopefully become donors, volunteers, and board members.

"Robin Joy Berenson" is the User Name for: Facebook (with CIP as the cause); LinkedIn and Plaxo. On Twitter we're: CIPMarin. C U there!





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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)

## TICKET TO RIDE AUCTION PREVIEW!

Getaways, Wine Tours, Gifts and Entertainment Packages, and much more are yours for the bidding at our *Ticket to Ride* Live and Silent Auctions. Here's a preview of the items up for bid:

- ☆ **Holland America Cruise: The ultimate getaway!** Ten-day cruise for 2 from Holland America in an outside stateroom. Choose from great locations such as Alaska, Caribbean, Europe, Mexico or Canada & New England. Enjoy unique and memorable destinations — all courtesy of one of the world's highest rated cruise lines.
- ☆ **Santa Cruz Weekend Getaway: Something for Everyone!** Resting on a bluff in Aptos, this ocean front retreat is located near Santa Cruz, famous for its boardwalk, lots of restaurants, shopping and plenty of sun to enjoy the beaches. The cottage is quaint and charming with a beautiful patio with sweeping views of the ocean and just a few short steps to enjoy the ocean. Four comfortable bedrooms can accommodate up to 7 people.
- ☆ **Skier's Paradise at Tahoe: A House at Incline Village.** Your dream come true: 3 bedroom, 2 bath home just minutes from the slopes! Beautiful location. Sleeps up to 6 people.
- ☆ **Island Lovers Take Note: Enjoy a One-Week Stay in a Hawaii Condo.** Relax and bask in your private accommodations in a 2 bedroom, 2 bath condo in Hawaii.



**Bidding begins online April 28.**

**Just look for the auction link at [www.cipmarin.org](http://www.cipmarin.org) on that date!**