



# COMMUNITY NOTES

## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

In the wake of the inspiring Professional Development Seminar presented by Dr. Nancy McWilliams, "Mental Health, A Vanishing but Critical Concept" on January 29, I am moved to

consider how valuable I believe long-term, in-depth psychotherapy to be for many clients.

Psychotherapy is an evolving field, and recently there has been a substantial push for symptom relief, such as through short-term therapy emphasizing behavior (DBT) and cognition (CBT). Our society prizes instant results, and, of course, everyone is mindful of the cost of therapy. For some problems, for some people, short-term therapy with an emphasis on relief can be effective.

Yet many emotional conditions benefit more from in-depth therapy. The art of storytelling, of sharing one's story with a caring and interested listener, receiving their feedback, is an ancient and powerful medium, figuring in human societies since the dawn of time. It is a very potent tool for healing, engaging as it does the very human process of being seen, heard, and understood.

In my own practice, I have seen the power of long-term psychotherapy countless times. As clients tell their stories over time, therapy's positive changes are inextricably interwoven into their narratives.

There is no one right therapy that works for everyone, and for this reason CIP training and services incorporate the full range of clinical methodologies and techniques. We exercise the utmost care in matching clients with the clinician most able to address their unique needs and preferences.

## LOVING SPOONFULS Marin's Soup and Dessert Challenge



Left to right: Scott Scheidt & Jayson Valencia of Sabor of Spain (Judges 3rd Place Soup); Chef Ed Vigil of Vin Antico (Judges 1st Place Soup); Michael Garcia from Toast (Judges 2nd Place Soup & People's Choice Soup); Andie Kottinger of Brayton Purcell, LLP (Judges Best Dessert); and Lisa Cooper of CooperCakes (People's Choice Best Dessert)

## AND THE WINNERS ARE . . .

The competition was fierce and the outcomes surprising at CIP's first annual Loving Spoonfuls: Marin's Soup and Dessert Challenge fund raiser held January 22. Fourteen restaurants and two corporate participants vied to offer their best—much to the delight of attendees, who sampled and cast their votes in the People's Choice awards.

Capturing the Best Soup Award, was **Vin Antico** for their *Wild Mushroom Bisque with Salsify & Truffle Oil*. Turn to page 5 for more on this exciting event.

## READY, SET, SPRING INTO ACTION! **SPRING INTO ACTION** BID ONLINE FOR A HEALTHY COMMUNITY

Spring is in the air and the time is now to gear up for CIP's *Spring Into Action! Bid Online for a Healthy Community*, our second annual silent online auction. Here's your chance to win a luxury cruise on Holland America, event tickets, stays at some top hotels, and gift certificates to many fantastic local restaurants, all from the comfort of your computer! Want to see a preview? Send your email address to [cipmarin@aol.com](mailto:cipmarin@aol.com) for full details.

Proceeds from this benefit will go directly to support CIP's low-fee services, bringing healing, health, and hope throughout the year to at-risk families, individuals, and couples right here in our community.

If you have an item to donate, please email [cipmarin@aol.com](mailto:cipmarin@aol.com) by March 15.

*Thank you!* Because of your support, CIP is here to heal families, help individuals, and strengthen our community.

## STAFF

# INTRODUCING DR. LORI RIFKIN

## CIP DIRECTOR FOR CANAL ALLIANCE OUTREACH PROGRAM



Lori Rifkin, PhD, a clinical psychologist with a private practice in San Rafael and San Francisco, joined the staff of CIP this year, as Director of CIP's Canal Alliance Youth Counseling outreach program. Canal Community Alliance is a community resource center in San Rafael that provides low-income populations with a variety of services, including support groups, English classes, and job training. Under Dr. Rifkin's supervision, two CIP intern-therapists

provide weekly individual counseling sessions for middle and high school students who attend CCA's after school program.

Dr. Rifkin has worked with the Spanish speaking population of Marin and San Francisco during the past thirty-five years as a bilingual classroom teacher and psychologist. In her new role at CIP she has been enjoying helping the interns become more comfortable, adept and confident in their clinical skills working with children and teens from diverse backgrounds, sharing her perspective and experience during weekly group supervision of their work. She describes the intern-therapists as "bright, highly motivated, and appreciative" of the progress they are making as they learn from each other as well as Dr. Rifkin.

After receiving her doctorate in clinical psychology from California School of Professional Psychology in the 1980s, Dr. Rifkin worked intensively with children, adolescents and their parents during a postdoctoral fellowship at Stanford Children's Hospital and the Children's Health Council. She has been affiliated with California Pacific Medical Center since 1990, training and supervising interns in testing and psychotherapy. For the past several years she has also been an adjunct professor at Alliant University's clinical psychology program, teaching a graduate level course on psychotherapy with children, teens and their parents from a psychodynamic perspective. In her private practice she offers consultation, individual psychotherapy and testing with children, teens and adults who are struggling with a wide range of issues including grief and loss, anxiety and depression, relationship issues, infertility, work stress and life transitions such as separation, divorce, parenthood, childhood behavioral difficulties and challenges. She also consults with schools on issues related to the emotional and social needs of children.

In addition, Dr. Rifkin has a master's degree in Early Childhood Education from Bank Street College in New York City. She taught in public elementary schools during the 1970s and was a consultant to the San Francisco Cooperative Preschool Association for many years. Bringing together her interest in early childhood education and the needs of young children and their families, she wrote *Finding a Preschool for Your Child in San Francisco and Marin*, now in its third edition. She often consults with parents regarding school selection as well as giving talks on that topic.

*At CIP, Dr. Rifkin enjoys helping the interns become more comfortable, adept and confident in their clinical skills working with children and teens from diverse backgrounds.*

## CLINICAL STAFF

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Nancy Olesen, PhD

*(continued on page 3)*

## CIP WISH LIST

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

**Clinical Supervisors**

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CIP POST DOC INTERN/ PSYCH. ASSISTANT  
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**CLIENT VIGNETTE: CANAL ALLIANCE  
 YOUTH COUNSELING**

“Daniela\*” is a sixteen year old high school student who attends the after school program at Canal Alliance. Her family emigrated from Mexico when she was a baby, and she and her younger sister live with their parents in an apartment in San Rafael. Daniela suffered with a chronic illness during her early adolescence and still struggles to catch up in school. Daniela hopes to go to college to become a nurse.

At Canal Alliance, she receives assistance with homework and enjoys spending time with friends in the supportive environment the agency provides. As part of CIP’s outreach program, Daniela meets weekly with a CIP intern-therapist to discuss her stress over school and keeping up grades, as well as peer pressure and family issues. In counseling, Daniela has shared her concerns about her parents’ financial hardships, their difficulties in adjusting to life in the U.S., as well as her father’s drinking and angry outbursts.

Together, Daniela and her counselor work on ways to minimize her stress to better concentrate on her academic goals and enjoy a social life. While her home environment can be troublesome, Daniela is learning to rely on inner resources as well as reach out to caring members of her faith community for support.

With the help of individuals at Canal Alliance and CIP’s Canal Alliance Youth Counseling, Daniela is working on reaching her goals.

*\*Please note that the name and details have been altered to protect client privacy.*

**CIP OUTREACH PROGRAMS**

CIP offers a full range of services designed to meet a variety of needs.

**On-Site Services**

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




**Off-Site Collaborative Programs**

- Beyond Hunger/EmBody Power Program
- Canal Alliance Youth Counseling Program
- Helen Vine Detox Project
- Marin Alliance for Psychiatric Services
- Ritter Center Program
- The Schools Project
- Senior Access Program

# LOVING SPOONFULS

## Marin's Soup and Dessert Challenge

Congratulations to Our Winners!  
Awarded by Expert Professionals:


-  **Best Soup:** Vin Antico for *Wild Mushroom Bisque with Salsify & Truffle Oil*
-  **Second Place:** Toast of Mill Valley and Novato for *Chilled Curried Coconut Carrot Soup with Fresh Shrimp Relish*
-  **Third Place:** Sabor of Spain for *Agnos D'Amore*



CIP Executive Director Robin J. Berenson and Best Soup winner Vin Antico.





Judge Kevin Duffy and Sabor of Spain Chef Scott Scheidt.

-  **Best Dessert:** Brayton Purcell, LLP, for *Law-Fully Delicious Pecan Pumpkin Cheesecake*



Kasey Kobler and Andie Kottinger of Brayton Purcell, LLP.

### People's Choice Awards:

-  **Best Soup:** Toast of Mill Valley and Novato for *Chilled Curried Coconut Carrot Soup with Fresh Shrimp Relish*
-  **Best Dessert:** CooperCakes, for *Chocolate, Spinach and Blueberry Mini Cupcakes*



Lisa Cooper of CooperCakes educates on stealthy health.



Susan Kirsch (right) with friends.



Panama Hotel's festive display.



*Il Davide: David Haydon and Greg Chidlau.*

**Coming Soon!**

**Loving Spoonfuls Recipe E-Book!**  
Announcing the exciting e-publication of *Community Institute for Psychotherapy Presents Recipes from Loving Spoonfuls: Marin's Soup & Dessert Challenge 2011*, featuring the outstanding recipes from this fabulous event. Just \$3.95 and perfect for gift giving for Mother's Day, Father's Day, wedding, and graduation!

Check out the winning recipe and more at [www.cipmarin.org](http://www.cipmarin.org).

**Thank you to our other contestants!**

**Soups**

- Balboa Café: *Mary's Free Range Chicken Soup*
- Ginolina Bistro: *Zuppa Ortolano*
- Guaymas: *Pozole Verde*
- Il Davide: *Tuscan Tomato Bread Soup*
- Panama Hotel: *Maria's Pueblo Chicken Tortilla Soup*
- Saylor's Restaurant and Bar: *Chicken Tortilla Soup*
- Sol Food: *Caldo Gallego*
- Tavern at Lark Creek: *Golden Acorn Squash Bisque with Duck Confit & Pistachio*

**Desserts**

- Balboa Café: *Huckleberry Brioche Bread Pudding*
- Bank of Marin: *Peanut Butter Balls*
- Ginolina Bistro: *Cannoli Siciliani*
- Guaymas: *Capitotada*
- Il Davide: *Chocolate Pecan Ganache*
- Sol Food: *Tembleque Coconut Pudding*
- Vin Antico: *Pot de Crème, Huckleberry Sauce, Marscapone Vanilla Whip Cream*

**THANK YOU!**

TO OUR GENEROUS LOVING SPOONFULS SPONSORS

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Brayton Purcell  
Union Bank  
David Vogelstein

👨🍳 *Line Cooks:*

Autodesk  
Bank of Marin  
First Federal Savings & Loan of San Rafael  
Wordsworth

**TO OUR JUDGES**

Mathew Stafford  
(Pacific Sun, Eating columnist)  
Kevin Duffy  
(Instructor, CA Culinary Academy & Cordon Bleu Culinary Arts)

**TO OUR BEVERAGE DONORS**

Weaver's Coffee  
HINT Essence Water

**TO OUR RAFFLE DONORS**

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Bay Discovery Museum  
Marin Civic Center – Dept. of Cultural & Visitor Services  
Strauss Family Creamery  
Toast of Mill Valley and Novato

**TO OUR PHOTOGRAPHER**

Trevor Henley of Henley Photography for these great pix!

**CIP Board of Directors**

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**AN OPPORTUNITY TO MAKE A DIFFERENCE**

CIP presently is expanding its Board of Directors and seeks community leaders to lend their skills, creativity, and expertise at an important time in the organization's history.

As state and county budget cuts and the overall economic climate have severely reduced mental health resources throughout the county, CIP's highly cost-efficient, quality services are more important and more needed than ever before. This is a challenging time, certainly, but an exciting time of unusual opportunity.

CIP is looking for committed individuals who wish to make a lasting difference in their community, and in the lives of adults and children from all backgrounds. Board leadership is needed in the areas of governance, fundraising, and awareness.

Those interested in learning more about CIP, our work in the community, and becoming a Board member, should contact Robin Joy Berenson, PhD, MFT at [rjberensoncip@aol.com](mailto:rjberensoncip@aol.com) or phone (415) 459-5999 x 100.

# *A Heartfelt Thank You to Our Donors (April 2010–Feb. 2011)*

## *Individual Donors*

### **Circle of Inspiration**

Laurence & Barbara Brauer  
Richard D. Hannon Family Foundation in  
Honor of Hollie J. Hannon

### **Circle of Friends**

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### **Circle of Friends (cont.)**

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### *Business Partnership*

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## MEMBER UPDATES

Dr. Patricia Frisch, through The Ergonomic Institute of Northern California, presents **Integrating Somatic Psychology into Current Therapeutic Paradigms Saturday, 4/16/11, 9:30am-12:30pm, Mill Valley**. C.E. credits for MFTs available. Cost: \$65 register online at <http://www.orgonometrictherapy.com> or call 415-388-0622. Dr. Frisch is the Executive Director of OINC, a licensed psychologist and MFT, a somatic analyst, family therapist, and group leader.

Lorrie Goldin, LCSW, has recently expanded her private practice in San Rafael and Berkeley ([www.lorriegoldin.com](http://www.lorriegoldin.com)). She is also now offering consultation groups for therapists in her San Rafael office. In addition, she has become a staff writer for *Impulse*, NCSPP's online publication. Check out "False Positive," an article about being a depth psychotherapist in an era of positive thinking run amok (<http://www.ncspp.org/impulse/2010/06/pots.html>).

Dr. Ilene Serlin is opening a private practice in Mill Valley. She is the past president of the San Francisco Psychological Association and a registered dance therapist with an expertise in mind/body health, Jungian/existential perspectives on dance and expressive therapies. Editor of Whole Person Healthcare, she works with issues of health (trauma, illness), relationship (couples, family, lifecycle, loss); meaning and purpose (transitions, religious/spiritual/interfaith). Contact (415) 931-3819, [iserlin@ileneserlin.com](mailto:iserlin@ileneserlin.com) or visit [www.ileneserlin.com](http://www.ileneserlin.com).



With respect we announce the passing of psychotherapist and CIP alum, Catherine Klaus Schear, 69, on December 31, 2010, at her home in Berkeley, California, with her family by her side. Her death was due to a brain tumor. Catherine will be remembered as she was: a fiercely devoted mother and grandmother, an accomplished woman of letters, a talented and humane psychotherapist, a dear friend to many.

### *Help CIP go green!*

Send us your email address and receive future schedules and updates online!

- Professional Development Update
- CIP News & Notes
- Community Notes

# PROFESSIONAL DEVELOPMENT SERIES 2010-2011

CIP is proud to offer our 2010-2011 Professional Development Program, including seminars, study groups, and classes by outstanding clinicians on a wide range of topics. For more information and to register visit [www.cipmarin.org](http://www.cipmarin.org) and select the Professional Development page.

## SEMINARS FOR PROFESSIONALS



### **Emotion and Transformation: Changing Individuals, Couples and Communities** *with Peter T. Dunlap, PhD, and Jim Matto-Shepard, PhD*

Saturday, March 26, 2011, 9:00 AM–4:00 PM

Town Center, Corte Madera — Community Room (The Community Room is located on the south end of the property in the office building at 770 Tamalpais Drive, Suite 201)

CIP Members: \$100 or \$120 after March 12, Non-Members: \$120 or \$140 after March 12

CEUs: 6 CEUs approved for MFTs & LCSWs, and 6 CEUs approved by the MCEPAA for Psychologists.



### **ancient Zen pond, shrink jumps in...plop! Shame, Vulnerability and Beginner's Mind** *with A. Raja Hornstein, PsyD; Arlene Bermann, LCSW; and Chris Fortin, MFT*

Saturday, May 21, 2011, 9:00 AM–4:00 PM

CIP, 1330 Lincoln Ave, San Rafael, Suite 201

CIP Members: \$100 or \$120 after May 6, Non-Members: \$120 or \$140 after May 6

CEUs: 6 CEUs approved for MFTs & LCSWs; 6 CEUs approved by MCEPAA for Psychologists.

## STUDY GROUPS & CLASSES



### **Love in the Psychotherapy Relationship**

*with Bryan Wittine, PhD, LMFT; Jane Jordan, PsyD; Kirk J. Schneider, PhD*

Saturdays: February 12, March 12, and April 9, 2011, 9:00 AM – 1:00 PM

CIP, 1330 Lincoln Ave, San Rafael, Suite 201

This course may be attended on a per session basis.

CIP Members: \$60 per session up to 2 weeks prior to each session; \$80 late registration

Non-Members: \$70 per session up to 2 weeks prior to each session; \$90 late registration

CEUs: 4 CEUs per session approved for MFTs & LCSWs, and 4 CEUs approved per session by the MCEPAA for Psychologists.



### **Treatment of the Traumatized Child**

*with Julie Robbins, LCSW*

Friday, March 18, 2011, 9:30 AM – 3:30 PM

Town Center, Corte Madera – Community Room (The Community Room is located on the south end of the property in the office building at 770 Tamalpais Drive, Suite 201)

CIP Members: \$75 or \$95 after March 4; Non-Members: \$85 or \$105 after March 4

CEUs: 5 CEUs approved for MFTs & LCSWs, and 5 CEUs approved by the MCEPAA for Psychologists.



### **The Objective Psyche**

*with Meredith Sabini, PhD; John Beebe, MD; and Peter Dunlap, PhD*

Saturday, May 7, 2011, 1:00 – 5:30pm

CIP, 1330 Lincoln, San Rafael, Room 203

CIP members: \$60 or \$80 after April 23; Non-Members \$70 or \$90 after April 23

4 CEUs approved for MFT's and LCSWs, and 4 CEUs submitted for approval by MCEPAA for Psychologists.

## CIP MEMBERSHIP BRINGS BENEFITS . . .

Membership Fee: \$50 Membership for licensed professionals; \$30 Associate member (unlicensed).

Become a member or renew your membership today at [www.cipmarin.org](http://www.cipmarin.org) and select the Professional Membership page.



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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)

## CIP's HEALTHY EXCHANGE: A MONTHLY COMMUNITY EDUCATION FORUM

Healthy Exchange, a lively and informative series on topics of emotional health and well-being, got underway last month with a session on "Refilling the Well," presented by **Ilene Serlin, PhD**. Free and open to the public, this monthly series is held at CIP's office at 1330 Lincoln Avenue, Suite 201, San Rafael. All interested members of the community are invited to attend.

Designed to provide practical, straightforward information on everyday issues for families and individuals, Healthy Exchange is a chance for people to come with questions and engage in an informal conversation on a selected topic each month. Each hour-long session will begin with a 15 minute talk by the presenter, followed by discussion, questions, and answers.

If you have a topic to suggest, or if you are a member of CIP's Professional Development Program and would like to make a presentation, please contact us at [cipmarin@aol.com](mailto:cipmarin@aol.com).

**UPCOMING DATES**

For program updates, please visit [www.cipmarin.org](http://www.cipmarin.org).



Monday, March 14, 6:00 – 7:00 p.m.: **"Dreams, What Are They Good For?"** presented by **Jacob Kaminker, MA, & Michael Grubb**.

What are dreams? What are they good for? How can my dreams bring meaning to my life? This presentation will offer a better understanding of how dreams can be harnessed for self-discovery as well as some useful tools for dream recall.



Monday, April 11, 6:00 – 7:00 p.m.: **"Relax, Restore, Recharge: An Introduction to Reiki"** presented by **Christine Cannavo, CMT, Rma**.

Reiki is a wonderful way to pause, decompress and restore balance to our harried systems. This quick introduction will touch briefly on the basic concept of Reiki, an innate healing method that restores and balances the entire body/mind/spirit system. The participants will also learn how to give themselves a quick self-Reiki session.

Monday, May 16, 6:00 – 7:00 p.m.: **"Autism Spectrum Disorders and You: Exploring Facts and Feelings, A Talk for Parents, Family Members & Other Interested Parties"** presented by **Alison Panko**.