



## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

I am delighted to say that our 2nd Annual Loving Spoonfuls: Marin's Soup and Dessert — and Appetizer — Challenge was a resounding success! Thank you to all of those who helped

to make it such a wonderful afternoon. And congratulations to our winners! Read more about this fun event, the winning recipes, and our 2012 recipe book elsewhere in this newsletter.

Of course, the larger significance of Loving Spoonfuls is the lasting benefit to the community made possible through the proceeds it generates: Event sponsorships, tickets, auction, raffle, and cookbook sales all go directly to support CIP's safety net services, so that families and individuals throughout Marin can receive the quality care they need to overcome problems, reestablish well being, and so enjoy healthier, happier lives.

To heal an individual is to touch the lives of his or her family, neighbors, coworkers, and untold others. The more nurturing relationships parents learn to share with their children will affect every aspect of the youngsters' lives now and into adulthood.

For more than 30 years, CIP has worked to fulfill our mission to provide psychotherapy, training, education, and prevention. We know the benefits of what we achieve through our psychotherapy services, internship training, and Professional Development Program are often far-reaching, spreading outward through time as well as distance.

Thank you for all you make possible through your support of CIP.

## LOVING SPOONFULS Marin's Soup and Dessert Challenge 2012 BENEFIT A WINNING EVENT

CIP's Second Annual Loving Spoonfuls: Marin's Soup and Dessert — and Appetizer — Challenge drew enthusiastic food lovers of all ages to the Mill Valley Community Center on Saturday, January 28, in a delicious celebration of Marin's vibrant culinary talent. This year's challengers included 14 of Marin's finest restaurants and three businesses who between them offered 30 extraordinary creations for guests to sample.



Brayton Purcell, LLP's team — Jennifer Harwood, Casey Kabler, and Chef Andie Weber display their winning entry Raspberry Red Velvet Cheesecake Cake.

All entries were judged in two simultaneous competitions: The People's Choice Awards and the Judges' Awards, selected by culinary professionals.

### People's Choice Awards

At the entrance, guests were provided with three tickets with which to cast their votes for their favorite appetizer, soup, and dessert. And the winners were:

Best Appetizer: *Crimini Mushroom Caps Stuffed with Red Wine Braised Short Ribs* by Chef Peter Erickson of Plate Shop.

Best Soup: *Curried Butter-nut Squash Soup* by Chef Heidi Kraehling of Insalata's.

Best Dessert: *Raspberry Red Velvet Cheesecake Cake* by Chef Andie Weber of Brayton Purcell, LLP.



Go to page 4 for more on this exciting event!

## STAFF

# RIPPLES OF CHANGE: CIP's INTERNSHIP PROGRAM

*“CIP is...a wonderfully special training institute where learning takes place almost every minute of every day. Clients learn about who they are and how to live fuller, richer lives. Trainees learn how to become real, honest-to-goodness therapists. Supervisors learn how to support intern-therapists, and staff learns, over and over, how to make it all happen. It is a true learning center.”*

— CIP Core Staff Member

From its inception, CIP has been a unique place of learning, compassion, and community. The compassionate way we hold and support each client is not only a theoretical approach, but derives from our very structure as a community of practitioners working together to effect positive change on many levels.

At our core, we are a volunteer organization. Unlike other clinics, our supervisors and trainers — more than

*Intern-therapists choose CIP for the excellence of our rigorous training program and the opportunity to develop their skills in a community based setting*

90 mental health professionals — are not paid, but volunteer their services, an in-kind donation exceeding \$350,000 annually. The fact that these individuals choose to donate hours of their time and professional expertise to mentor and guide our intern-therapists in the transformational process of becoming healers is a measure of their commitment to their profession and the community. Their dedicated contributions ensure the quality client care and cost efficiency that are hallmarks of CIP's services.

Intern-therapists choose CIP for the excellence of our rigorous training program and the opportunity to develop their skills in a community based setting serving a diverse population. At the outset of the training year, each is assigned two individual supervisors who review his or her work with clients on a weekly basis throughout the year. In addition, intern-therapists meet with other interns and a Core Staff member for weekly group supervision and case consultation; those interns participating in outreach programs, such as the Schools Project or Ritter Center Program, also meet weekly with supervisors with a specialty in that area.

CIP programs benefit the professional community in a number of ways. CIP Core Staff supports our trainers and supervisors through consultation and trainings. CIP's Professional Development Program provides continuing education to practitioners throughout the Bay Area, keeping them up to date on important developments in the field.

Into CIP's interconnected community of intern-therapists, volunteer supervisors and trainers, and Core Staff, our clients are welcomed and become part of the circle of healing. Year after year, as graduating interns speak of the guidance they received at CIP from their supervisors and trainers, the Core Staff, and fellow-interns, they invariably say how much they learned from their clients, about caring, respect, and how to be with another person in a healing capacity. From their clients, they received confirmation of their strengthening power as healers.

The interns who graduate from CIP take with them not only the skills and lessons of their training, but the culture of gratitude and generosity that they have experienced so intensively at CIP. Whether they stay in the Bay Area or travel to other cities and countries, they, too, are part of the widening circles of cultural change in furtherance of the CIP mission.

## CLINICAL STAFF

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(continued on page 3)

## CIP WISH LIST

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

## RIPPLES OF CHANGE: CIP CLIENT SERVICES

### Clinical Supervisors

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*We at CIP believe that . . . we have a vital role to play in personal and global change. We believe that the healing of the individual and the healing of the planet are inseparable.*

— CIP Mission Statement

Mental and spiritual health is the foundation of all well-being, affecting every aspect of an individual's life: the ability to work and learn, build loving relationships, contribute to the wider community, and live fully and compassionately. Conversely, the emotional pain created by mental problems isolates a person from his or her essential self and others around them, robbing them of the ability to live creatively, authentically, and with sense of purpose and meaning.

Today, there is more emphasis than ever on medication to address depression, anxiety, and other emotional problems. Yet, increasingly, evidence points to the effectiveness of psychotherapy, or "talk therapy," and healthful living habits to provide equally effective and more lasting ways to address many issues.

Those of us in the professional community know through experience that there is immense power for clients in being heard, having their pain, guilt or shame witnessed. Being accepted and valued for who they are at the deepest level creates healing and growth, and brings positive, lasting change. So many of those seeking services have lost faith in themselves. In therapy, our intern-therapists model empathy, respect, and compassion so that clients can learn these essential qualities for themselves.

The process of healing is the process of discovering one's enduring, essential self. In therapy, we give clients the skills and tools to access their inner resources, resilience, and strengths via mindfulness, self-knowledge, and an understanding of the influence of thought, negative or positive, on emotions and actions.

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*Increasingly, evidence points to the effectiveness of psychotherapy, or "talk therapy," and healthful living habits.*

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Emotional pain often creates self-perpetuating cycles that poison lives and disrupt families into the next generation and beyond. Children experiencing abusive or poor parenting are vulnerable to emotional and cognitive disorders, and increased likelihood of repeating these patterns in their own families. Fortunately, positive cycles are similarly self-perpetuating, and the mindful practice of such skills as compassion, caring, and trust are also conveyed, person by person, through distance and time.

Our work with young parents and children frequently addresses such destructive cycles, working to replace them with the positive. Attention is often on building quality attachments, bonding with young children, and effective parenting skills.

As we work with clients to overcome their pain and isolation, we identify life choices that reinforce positive change. We stress the importance of living a healthy lifestyle and connecting to what nourishes: a spiritual practice; volunteering in their community; spending time in nature, in artistic pursuits, and with families and friends. Our goal is to enable individuals to be self-reliant and understand themselves as part of a unified family, community, and even global community with shared values and dreams. Our work supports their growth toward that unifying world view.



# LOVING SPOONFULS

## Marin's Soup and Dessert Challenge



(Above left) Judges Brigitte Moran, Anna Haight and Leslie Harlib have a tough job ahead of them! (Above right) MC Jan Wabl and Chef David Haydon of Il Davide, first place winner Best Dessert and second place Best Appetizer.



(Above) Frantoio's Team led by Chef Duillo Valenti.  
(Below) Tavern at Lark Creek Chef Aaron Wright.

### Announcing the Judges' Awards

Culinary professionals **Anna Haight** (*Marin IJ* Bread & Butter Columnist), **Leslie Harlib** (lifestyle journalist and restaurant critic), and **Brigitte Moran** (Marin Farmer's Market Executive Director) appraised entries on the basis of presentation, composition, and correct preparation. The winners were:

#### First Place Appetizer:

*Stemple Creek Ranch Beef Tartar*  
Vin Antico, Chef: Ed Vigil

#### Second Place Appetizer:

*Tortellini Porcini*  
Il Davide, Chef: David Haydon

#### First Place Soup:

*Spiced Lentil Soup*  
Tavern at Lark Creek, Chef: Aaron Wright

#### Second Place Soup:

*Ribollita Al'Olio Novello*  
Frantoio, Chef: Duillo Valenti

#### First Place Dessert:

*Vanilla Panna Cotta*  
Il Davide, Chef: David Haydon

#### Second Place Dessert:

*Opera Cake*  
L'Appart Resto, Chef: Alexander DeRive



(Below) Chef Heidi Krabling and the Insalata's team.  
(Left) CIP Board Member Willa Speck entered her aunt's cookie recipe on behalf of Bank of Marin.  
(Below left) Board Member Raymond Quan of Circle Bank deliberates what to try next.



(Above) The Vin Antico Team returns led by Chef Ed Vigil.  
(Below) L'Appart Resto's Alex Delure talks with attendees.



## THANK YOU TO ALL OUR 2012 CHALLENGERS!

A PIECE OF CAKE & CONFECTIONS:

Dessert: *Baklava*

BANK OF MARIN: Dessert: *Tante Aud's Melt Away Cookies*

BRAYTON PURCELL, LLP: Dessert: *Raspberry Red Velvet Cheesecake Cake*

COOPERCAKES: Dessert: *Stealthy Healthy Coconut Cupcakes*

FOGHORN: Soup: *Mussel Chowder*; Dessert: *Candy Cap Pudding*; Appetizer: *Oysters with Fennel & Agliata*

FRANTOIO: Soup: *Ribollita Al'Olio Novello*; Appetizer: *Roasted New Potato with Smoked Salmon, Broccoli Puree, Chili Olive Oil*

IL DAVIDE: Dessert: *Vanilla Panna Cotta*; Appetizer: *Tortellini Porcini*

INSALATA'S: Soup: *Curried Butternut Squash Soup*; Dessert: *Marinitas Tres Leche Cake*

L'APPART RESTO: Soup: *Potage Julienne D'Arblay*; Dessert: *Opera Cake*

LEFT BANK: Dessert: *Le Tarte Au Citron*; Appetizer: *Tarte Lyonnaise*

MARIN JOE'S: Soup: *Minestrone*; Appetizer: *Bruschetta*

PLATE SHOP: Soup: *Caramelized Fennel Soup with Fontina Crostini*; Appetizer: *Crimini Mushroom Caps Stuffed with Red Wine Braised Short Ribs*

SABOR OF SPAIN: Soup: *Moroccan Spiced Soup with Grilled Chicken and Cilantro Pesto*

SAYLOR'S RESTAURANT & BAR: Dessert: *Bananas Borrachas*

SOL FOOD: Soup: *Sopa de Pollo con Fideos (Chicken Noodle Soup)*; Dessert: *Tembleque (Coconut Pudding)*; Appetizer: *Coctel de Camaron (Shrimp Cocktail)*

TAVERN AT LARK CREEK: Soup: *Spiced Lentil Soup*

VIN ANTICO: Soup: *Spiced Heirloom and Winter Squash Soup*; Dessert: *Buttermilk Panna Cotta with Citrus Gelée*; Appetizer: *Stemple Creek Ranch Beef Tartar*

## THANK YOU! TO OUR GENEROUS LOVING SPOONFULS SPONSORS

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Jan Wahl

TO OUR JUDGES

Anna Haight  
Leslie Harlib  
Brigette Moran

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TO OUR PHOTOGRAPHER

Trevor Henley of Henley  
Photography for these great pix!

FOR SOUND & MUSIC

Brian Poirer

## 2012 Challenge Cookbook Coming Soon!

Yes! You can try these great recipes at home! This full-color cookbook features 26 recipes as prepared by the second annual Loving Spoonfuls Challengers. Order your copies of *Recipes from Loving Spoonfuls Marin's Soup and Dessert Challenge 2012* and *Recipes from Loving Spoonfuls Marin's Soup and Dessert Challenge 2011* available in print and eBook format at [www.cipmarin.org](http://www.cipmarin.org).

## Judge's Award Best Soup:

*Spiced Lentil Soup*

Chef: Aaron Wright

Tavern at Lark Creek

Serves 6

1 tsp. brown mustard seeds  
1 tsp. fennel seeds  
1/2 tsp. coriander seeds  
1/2 tsp. black peppercorn  
1/2 cup red lentils  
1/2 cup green lentils (umbrian lentils)  
1/3 cup extra virgin olive oil  
1 cup white onion, small dice  
1/3 cup green garlic, small dice  
3/4 cup carrots, small dice  
3/4 cup celery, small dice  
1 clove garlic, smashed  
4 cups vegetable stock  
bay leaf  
1 sprig each rosemary and thyme  
kosher salt, to taste

In a grinder, finely grind mustard seeds, fennel seeds, coriander seeds, and peppercorns. Rinse lentils, soak in water and drain.

Heat olive oil in a heavy pot over moderate heat; stir in onion, green garlic, carrots, celery, garlic, and ground spice mixture. Cook, stirring occasionally, until the veggies are slightly softened, about 10 minutes. Stir in stock, lentils, bay leaf, rosemary and thyme, then bring to a boil. Reduce heat and simmer for 20-30 minutes, until the lentils are tender.

Remove from heat and discard bay leaf and herb sprigs. Serve immediately.

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## *A Heartfelt Thank You to Our Donors*

*We gratefully acknowledge the generous support of our donors and grantors. You make our work in the community possible through your contributions. Because of you, CIP is here helping families, healing individuals, and strengthening our community. On behalf of those we serve, thank you!*

### *Individual Donors*

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#### *Generous Book Donation*

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#### *Loving Spoonfuls Auction and Raffle Donors*

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# LOVING SPOONFULS

## Marin's Soup and Dessert Challenge

### SPONSOR SPOTLIGHT: APEX SUITES

Located in the heart of San Rafael, Apex Suites is a new alternative for professionals in need of a virtual office or short-term office space. In addition to elegant, fully outfitted conference rooms and offices, Apex Suites can provide a dignified mailing address and a personal phone answering service.



This is good news for the Bay Area business community. Often professionals based in San Francisco or Sonoma need space in Marin to meet with clients or hold meetings. Others working from home in Marin want to maintain a “virtual” professional office presence or meet clients in an office environment. Apex Suites can meet those needs.

This year, Apex Suites became a Loving Spoonfuls Sponsor at the Sous Chef level. The founder of Apex, Perry Litchfield, has a special place in his heart for CIP, and the Loving Spoonfuls event in particular. As a practicing attorney, and now CEO of Resolution Remedies, a company that provides alternative dispute resolution (“ADR”) services in Marin, Perry has firsthand knowledge of how the litigation process can affect people and their families.

“The work of CIP, helping people and their families get on a healthy, functional track in their lives,” Perry believes, “empowers them to avoid (or cope with) many of the disputes that might bring them into the legal system.”

## JOIN THE FUN! BECOME A LOVING SPOONFULS SPONSOR

Mark your calendars for the Third Annual **Loving Spoonfuls: Marin's Soup and Dessert Challenge** Saturday, January 26, 2013. We are looking for sponsors to join the fun of this popular all-ages event as it returns to the Mill Valley Community Center, and provide valuable support for CIP programs.

**Loving Spoonfuls** offers sponsors a unique opportunity to meet and mingle, enjoy Marin's culinary best, and be recognized for their support through extensive publicity and event promotion, including our quarterly print newsletter, monthly online newsletter, cookbook, event program, and more.

Join us as a **Sponsor**, become a **Challenger**. Sponsors at every level are invited to participate as a great team and community building activity. Most importantly, sponsors have the satisfaction of knowing their support is helping individuals, healing families, and strengthening our community.

For more information or to receive a copy of our 2013 Sponsor Packet, contact Christine at CIP, (415) 459-5999, ext. 101, or email [cipmarin@aol.com](mailto:cipmarin@aol.com).

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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)

**MEMBER UPDATES**

Congratulations to CIP alum **Bob Nemerovski, PsyD**, for earning his psychologist license and opening his practice in Kentfield. Specialties include men, road rage & anger, early trauma, and aging. Marin-Psychotherapy.com or (415) 272-3282.

**Nancy Lambert**, CIP alum and Ritter Center Program Director, announces the opening of Wonder Equine Therapy, an Equine Assisted Psychotherapy and Learning Center in Point Reyes Station. <http://wonderequinetherapy.com/>

**Pat Shelton, PhD, MFT**, has been selected by the Board of Directors of CAMFT to serve on the first-ever Clinical Editorial Committee for CAMFT's semi-monthly journal, *The Therapist*.

**Lorrie Goldin's** article, "Space and Stuff: Emptiness and Clutter in the American Psyche," is being published in *The Psychotherapy Institute Journal*. [www.lorriegoldin.com](http://www.lorriegoldin.com).

**Ilene Serlin, PhD, BC-DMT**, and **Joy Gottlieb, MS**, lead a support group "Moving Toward Health," for people living with chronic illness or pain, at Five Point Fitness, Corte Madera, Thursdays, 10:50-11:50 AM. Contact Joy (415) 299-2375.

**Tessamarie Capitolo, MFT**, will be teaching "Relational Supervision" (6 CEUs). For more information visit [www.ncspp.org](http://www.ncspp.org) or call (415) 457-9949.

**PROFESSIONAL DEVELOPMENT SERIES  
 2011 - 2012**

**SEMINARS FOR  
 PROFESSIONALS**



**Time-Limited Dynamic Psychotherapy and Emotionally Focused Couples Therapy**  
*Presented by Dr. Hanna Levenson, PhD, and Sam Jimich, PhD*

Saturday, March 31, 9:00 AM – 4:00 PM

Location: Town Center Community Room,  
 770 Tamalpais Drive, Corte Madera

**CIP Members:** \$65 or \$75 after March 17

**Non-Members:** \$100 or \$110 after March 17

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

*Become a member!*  
 Complete information at  
[www.cipmarin.org](http://www.cipmarin.org)