



COMMUNITY NOTES

DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Dear Friends:

CIP has always been a thriving, dynamic organization bringing together dedicated mental health professionals, therapists-in-training, community volunteers, and other caring individuals who lend their time and talents in support of our mission. Each September is a time of many greetings and farewells as new people arrive to join the CIP community, and others depart. While it is always hard to see our friends and colleagues move on, the benefit of their unique contributions remains.

Among those making a change is **Marianne H. Stefancic, MFT**, one of the original founders of CIP, individual supervisor and trainer for many years, and creator and developer of CIP's Couples Therapy Program. Marianne has decided to devote more time to her private practice and family and will no longer direct the Couples Therapy Program. We are grateful to Marianne for her long-standing vision, dedication, and exceptional clinical skills. We are grateful that she will continue to provide training to our interns. We look forward to having **Dr. Bernice Goodwin** join us as Director of our Couples Therapy Program.

Marilyn Mazer, MFT, Director of CIP's Ritter Center Program and an alumnus of CIP, will also be taking a break. Marilyn has brought

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PROFESSIONAL DEVELOPMENT PROGRAM 2008-2009

Our 2008-2009 line-up of Seminars for Professionals, Study Groups, and Classes offers an exciting range of topics by outstanding clinicians, including attachment, divorce, neuroscience, internal family systems, Narrative-flavored therapy, and more. See full descriptions on pages 4-6 in this newsletter.

CIP Members receive substantial discounts on all program events, among other benefits.

To apply or to renew your membership, please turn to the Membership Application form on page 11.



Daniel Taube, JD, PhD, will present a day-long seminar, *The Latest Trends: An Update on Ethics and Law for Mental Health Professionals*, on Saturday, October 11, 2008. See page 4 for details.

OPENINGS AVAILABLE FOR NEW CLIENTS

CIP welcomes referrals of individuals, couples, and families for short- and long-term counseling and psychotherapy, adult therapy groups, and psychological testing. Our comprehensive services are available on a sliding scale basis, and Medi-Cal and other insurance is accepted.

We have 24 intern-therapists, each of whom brings a broad range of expertise, skills, and experience. Specialties include depression, anxiety, disordered eating and body image issues, couples work, life transitions, coping with chronic pain and disability, and substance abuse, among others. They care for the whole individual and help people embrace and acknowledge their strengths and work through difficulties in order to live with more purpose and passion.

For more information about our programs, please see page 3.

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CIP WELCOMES NEW CORE STAFF MEMBERS

This month, we are very pleased to welcome two new members to the Core Staff, Karen Weinberger, LCSW, and Elizabeth Kughn, MFT. At the same time, we wish to acknowledge departing staff Eloise Rivera, LCSW, and Sarah Brewster, PhD, MFT, and thank them for their many contributions. We will miss them. (See page 10, "Farewell to CIP.")



**New Assistant
Clinical Director
Karen Weinberger,
LCSW.**

In 1991, new to Marin, I was looking for ways to become involved in my new community and develop collegial relationships. CIP was all that I was looking for. Since then, I have been a supervisor and trainer, and served for a time as a Director of CIP's Homeward Bound of Marin program.

I received my MSW from UC Berkeley (1978). I have been a fieldwork supervisor for the Wright Institute, U.C. Berkeley, and S.F. State, and a supervisor at San Francisco Child Abuse Prevention Family Support Center. I have a private psychotherapy practice in San Francisco and Marin. I am also a member of the San Francisco Psychotherapy Research Group. My work history includes years with S.F. Community Mental Health, the S.F. Conservator's office, and work in inpatient drug and alcohol treatment. I know I will draw from my experience with these diverse client populations and diverse treatment modalities in my work as Assistant Clinical Director.

The staff of CIP, the supervisors, program directors, and trainers create a structured, nurturing, holding environment, in which interns are both challenged and supported to grow professionally and to provide excellent psychotherapy. When a CIP intern helps a suicidal adolescent, a stressed parent, someone struggling with an eating disorder, or a person suffering from depression or anxiety, the whole community benefits now — and into the future. Every person whose pain has been eased by treatment received from CIP gives back in some way to our community. CIP creates ripples of change and hope. I am happy to be a part of this work.

*Every person whose pain has been eased
by treatment received from CIP gives
back in some way to our community.
CIP creates ripples of change and hope.*



**New Assistant
Clinical
Director
Elizabeth
Kughn, MFT.**

I am happy and honored to be joining CIP in September as an Assistant Clinical Director. I am looking forward to becoming an integral part of CIP, an organization which offers such significant assistance to its clients and to the larger Marin community.

I am excited to be able to participate in the training and supervision of so many talented interns at CIP. It is truly a pleasure to assist therapists in training as they grow and blossom and find their own therapeutic styles and voices.

I come to CIP with a wealth of clinical experience as a therapist in private practice where I specialize in working with trauma, depression, and attachment. Additionally, I worked at Community Mental Health in Marin County where I served children and families for many years. In my work at CIP I hope to be able to offer a synthesis of these various perspectives on clinical work since they are both relevant to interns' professional development and reflect the larger field of psychotherapy as a whole.

I am the mother of 2 young boys, ages 3 and 5, who constantly teach and inspire me.

CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR
Robin Joy Berenson, PhD, MFT

ASSISTANT CLINICAL DIRECTORS
Elizabeth Kughn, MFT
Paula Sitelman, PsyD
Karen Weinberger, LCSW

DIRECTOR OF PRE-DOCTORAL STUDIES
Paula Sitelman, PsyD

COORDINATOR, CIP SEMINARS FOR
PROFESSIONALS
Karen Weinberger, LCSW

COORDINATOR, CLINICAL CONVERSATIONS
Karen Weinberger, LCSW

COORDINATOR, INTERN TRAINING
PROGRAM
Elizabeth Kughn, MFT

COORDINATOR, TRAINING FOR
SUPERVISORS
Paula Sitelman, PsyD

COORDINATOR MAPS PROGRAM
Jeana Reynolds, MFT

DIRECTOR OF ADULT THERAPY GROUPS
Lynn Ireland, PhD

DIRECTOR OF EMBODY POWER PROGRAM
Ondina Nandine Hatvany, MFT

DIRECTOR OF COUPLES THERAPY
PROGRAM
Bernice Goodwin, PsyD

DIRECTOR OF EATING DISORDERS
PROGRAM
Ondina Nandine Hatvany, MFT

DIRECTOR OF RITTER CENTER PROJECT
Nancy Freitas Lambert, PhD

DIRECTOR OF SCHOOLS PROGRAM
Andrew M. Lamden, LCSW

DIRECTOR OF SUBSTANCE ABUSE
OUTREACH PROGRAMS
Belinda Ryland, MFT

SUPERVISION FOR SUPERVISORS
Paula Sitelman, PsyD

DIRECTOR OF PSYCHOLOGICAL TESTING
PROGRAM
Nancy Olesen, PhD

SUPERVISION OF PSYCHOLOGICAL
TESTING PROGRAM
Marjorie Gans Walters, PhD

(continued on page 3)

CLINICAL STAFF (cont.)**Clinical Supervisors**

Douglas Armstrong, PhD
 Bob Aude, MFT
 Martin Block, PhD
 Cori Bussolari, PhD
 Karla Clark, PhD, LCSW
 Laura Foster Collins, MFT
 Jane Cunningham, MFT
 Glenice Dunbar, MFT
 Suzanne Dunne, LCSW
 Sheva Feld, PhD
 Gini Gardner, MFT
 Hollie Hannan, PhD, MFT
 Sally Holland, PhD, MFT
 Wendy Homer, MFT
 Raja Hornstein, PhD
 Kathryn Hughes, LCSW
 Marguerite Illingworth, MFT
 Anca Ivan, PsyD
 Andrew M. Lamden, LCSW
 Lisa Hauck Loy, MFT
 Gale R. Lipsyte, PhD
 Alan Leveton, MD
 Clarisse V. Lula, MFT
 Terence Patterson, EdD, ABPP
 Susan Pease, LCSW
 Margaret Perlstein, MFT
 Kristine Pfeleiderer, DMH
 Erica Posner, MFT
 Diane Ray, MFT
 Eric Reitz, PhD
 Jeana Reynolds, MFT
 Arline Rodini, MFT
 Frederick G. Rozendal, PhD
 Stephen M. Schoen, MD
 Holly Seerley, MFT
 Ilene Serlin, PhD
 Pat Shelton, PhD, MFT
 Joan Sommer, PhD
 Susan Steele, MFT
 Molly Merrill Sterling, PhD
 Steve Sulmeyer, JD, PhD
 Priscilla Taylor, PhD, MFT
 Hoai-Thu Truong, PhD
 Donald Wallach, MFT
 Marjorie Gans Walters, PhD

Intern-Therapists

Susan Allen
 Kellie Beals, MA
 Kim Belfor
 Michelle Bullard
 Christina Coto
 Francesca DeMiguel
 Rebecca Goettsche
 Beth Hayes, MA
 Ariella Heidecker, MA
 Brooke Jackson
 Wendy Labov-Dunne
 Cristina Loree, MA
 Mary McCrystal
 Loi C. Medvin, MA
 Alisa S. Mishayev
 Robert Nemerovski, MA
 Carrie Newland
 Patrick Norton, MA
 Laurie Pantell
 Sonia Paz
 Jim Rosati
 Catherine Schear

CIP PROGRAMS OPEN FOR REFERRALS

CIP provides a full range of psychological services, which include psychotherapy for adults and children, couples therapy, family therapy; crisis intervention; thorough assessments; client-centered treatment, group psychotherapy; play therapy and career counseling.

On-site Programs

Individual and Family Therapy Affordable, comprehensive services to resolve problems and restore emotional well being.

Couples Therapy Program Support to enhance and deepen relationships, improve communication, and end repetitive conflicts.

Eating Disorders Therapy Program Comprehensive, effective treatment for individuals struggling with food issues, disordered eating, and/or body image and weight.

Psychological Testing For adults to enhance the quality and effectiveness of individual therapy.

Support for Single Parents and their Children Counseling to improve home environments, strengthen child-parent bond, maximize children's healthy development, school readiness and performance, and prevent long-term problems.

Support for Survivors of Childhood Abuse Promotes healing from trauma and helps to overcome intimacy issues, substance abuse, and other problems.

Adult Therapy Groups Opportunities for self-exploration and interpersonal learning to enhance communication skills and the ability to set and achieve personal goals. The following ongoing groups are open for new members. Call (415) 459-5999, ext. 412 for more information.

Body-Image Group: Learn to respect and nourish your body, support and be supported by the group, learn to regulate your emotions and tolerate distress. This group is open to women and men experiencing difficulties with compulsive eating, purging and compulsive dieting or exercising. Wednesdays, 7:30 – 9:00 PM.

Relational Psychotherapy Group: For men and women, this group is supportive, challenging, and interactive, and provides a safe environment to discover and work through interpersonal issues. Tuesdays, 6:00 – 7:30 PM.

Off-site Programs

CIP works in collaboration with other established Marin service organizations to more effectively meet the needs of vulnerable populations.

- Canal Alliance Youth Counseling
- EmBODY Power Eating Disorders Prevention Program
- Helen Vine Detox Project
- Marin Alliance for Psychiatric Services
- Ritter Center Program
- The Schools Project for Students at Risk

For more information visit www.cipmarin.org.

SEMINARS FOR PROFESSIONALS

THE LATEST TRENDS: AN UPDATE ON ETHICS AND LAW FOR MENTAL HEALTH PROFESSIONALS

with Daniel Taube, JD, PhD

Saturday, October 11, 2008

9:00 AM – 4:00 PM

Embassy Suites, Santa Rosa Room,
101 McInnis Parkway, San Rafael

Professional mental health ethics codes, case law, and regulations are ever changing. With the busy schedules most MHPS have, it can be difficult to keep up with these changes. As a result, licensing boards may require regular updates for practicing professionals (e.g., the BBS), and some malpractice insurers are giving financial incentives to their insured members to regularly engage in continuing education on the topic.

The purpose of this course is to meet and exceed the requirements of regulatory organizations, and assist mental health professionals in maintaining their ethical direction in the sometimes stressful work in which we engage. It will do so by providing a review of key ethical and legal concepts, and delineating recent ethical, regulatory and other legal changes that affect professional practice.

The course will be taught at an intermediate level, and is appropriate for currently licensed professionals. It meets and exceeds the Board of Psychology's ethics and law update requirement, and the Board of Behavioral Sciences 6 hour update requirement. *Dr. Taube is not a member of the Bar, and will not offer legal advice in this course.*

Daniel O. Taube received his JD from Villanova University in 1985 and his PhD in clinical psychology from Hahnemann University in 1987, as a member of the Hahnemann/Villanova Joint Psychology and Law Graduate Program. He is a Professor at Alliant International University's California School of Professional Psychology, San Francisco Campus, and is past Coordinator and a current member of the Forensic Family Child Track.

CIP Members: \$90 if received by September 26; \$110 late Registration. Non-members: \$120 if received by September 26; \$140 late Registration. 6 CEUs approved for MFTs and LCSW; 6 CEUs approved by the MCEPAA for psychologists.

ATTACHMENT, RELATIONAL THERAPY, MINDFULNESS AND THE BODY

with David Wallin, PhD

Saturday, January 17, 2009

9:00 AM – 4:00 PM

Guzman Hall, Dominican University,
1425 Grand Ave. San Rafael



Inspired by Bowlby's pioneering insights, attachment researchers have brought empirical rigor to the study of the most intimate human bonds, generating the wealth of knowledge about parent-child relationships, the internal world, and psychopathology that has made attachment theory the dominant paradigm in contemporary developmental psychology. In this clinically focused workshop, David Wallin translates the findings of attachment research into a model of treatment as transformation through relationship. Integrating attachment with neuroscience, relational psychoanalysis, the practice of mindfulness, and a focus on the body, his framework is intended to help therapists to become more effective facilitators of growth and healing.

Clinical psychologist **David Wallin, PhD**, has been practicing, teaching and writing about psychotherapy for nearly three decades. He is the author of *Attachment in Psychotherapy*, and coauthor (with Stephen Goldbart) of *Mapping the Terrain of the Heart: Passion, Tenderness, and the Capacity to Love*.

CIP Members: \$90 if received by January 2, or \$110 late Registration

Non-members: \$120 if received by January 2, or \$140 late Registration

6 CEUs approved for MFTs and LCSW; 6 CEUs submitted to the MCEPAA for approval for psychologists.

HELPING PEOPLE THROUGH DIVORCE: ADULTS AND CHILDREN

with Nancy Olesen PhD, Susan Pease Gadoua, LCSW, Sheryl Hausman, PhD, & Frederica Conrad, PhD

Saturday, March 21, 2009

9:00 AM – 4:00 PM

Town Center, Community
Room, Suite 201, 770 Tamalpais Drive, Corte Madera



Therapists work with clients through the entire spectrum of divorce, from the difficulty in reaching the best decision about whether or not to divorce; finding ways for parents to deal effectively with each other during and after divorce; to helping children of divorce and their parents minimize the impact and enhance the developmental success of the children. This workshop will teach practicing therapists the nuts and bolts of how to help their clients through every aspect of the divorce continuum; when and how to refer them to specialists; and how to stay within your scope of practice.

Nancy Olesen, PhD, teaches, researches, and works in private practice, with an emphasis on child abuse and neglect, custody and access disputes, and the interface between clinical and forensic psychology.

Susan Pease Gadoua, LCSW, is the founder and Executive Director of the Transition Institute of Marin, specializing in meeting the needs of separating and divorcing men and women, and the author of *Contemplating Divorce: A Step-by-step Guide to Deciding Whether to Stay or Go*.

Sheryl B. Hausman, PhD, has extensive experience developing parenting and co-parenting plans. In addition to working with individuals, couples, families, and groups, her practice includes forensic consultation and evaluation in contested child custody cases.

Frederica Conrad, PhD, has specialized in the treatment of children and parents for over 30 years, including forensic evaluations for family and juvenile courts and forensic consultation in complex adoption matters.

CIP Members: \$90 if received by March 6, or \$110 late Registration

Non-members: \$120 if received by March 6, or \$140 late Registration

6 CEUs approved for MFTs and LCSW; 6 CEUs submitted to the MCEPAA for approval for psychologists.

STUDY GROUPS & CLASSES

Held at CIP, 1330 Lincoln Avenue, Suite 201, San Rafael

INTERNAL FAMILY SYSTEMS

with Bonnie Weiss, LCSW

Mondays, September 29, October 6, 13, 20
(4 weeks); 1:00 – 3:00 PM



Internal Family Systems (IFS) is a new form of therapy that is compassionate, inclusive, spiritual, powerfully healing, and deeply respectful of one's inner life. It has evolved over the past 25 years into a comprehensive approach that includes guidelines for working with individuals, couples and families, though it is primarily an individual therapy modality. It represents a new synthesis of two already existing paradigms, bringing systems concepts and methods from family therapy to the world of subpersonalities. These parts are not static and can be changed if one intervenes carefully and respectfully.

The class will introduce participants to the IFS model, and teach practical techniques for working with clients. Personal exploration and case examination will illustrate how to identify parts, get to know them, and develop healing relationships with them. There will be discussion about how to use this model in working with some frequent obstacles in psychotherapy.

Bonnie Weiss, MA, LCSW, is seasoned experiential psychotherapist. Formerly the director of the Gestalt Center of Long Island, and the Long Island Center for Eating Disorders. Bonnie maintains a private practice in Marin, San Francisco, and Berkeley, and runs workshops for women on dealing with their Inner Critic. She is a long-time student of the Diamond Approach.

CIP Members: \$120 by September 12, or \$140 late Registration

Non-members: \$160 by September 12, or \$180 late Registration

8 CEUs approved for MFTs and LCSW; 8 CEUs submitted to the MCEPAA for approval for psychologists.

NEUROSCIENCE OF ATTACHMENT

with Linda Graham, MFT

Wednesdays, October 8, 15, 22, 29, November 5, 12
(6 Weeks); 10:00 AM to 12:00 PM



Attachment styles — our lifelong and largely unconscious patterns of feeling, dealing and relating — profoundly shape our sense of self in relation to others. Modern brain science is rapidly illuminating how these attachment patterns become so deeply entrenched in the neural circuitry of our brains in the first place. Neuroscience is also identifying precisely what therapeutic strategies are the most effective in helping clients “re-wire” their patterns into healthier ones.

This course integrates the new discipline of interpersonal neurobiology with cutting edge therapies based on the neuroscience of attachment, through didactics, readings, videos, and case discussions. Clinicians will learn to integrate a working understanding of attachment theory into their ongoing theoretical orientations and apply basic principles of interpersonal neurobiology and essential treatment techniques of the “right brain to right brain” therapy necessary to transform attachment traumas into secure attachment.

Linda Graham, MFT, in full-time private practice in Marin and San Francisco, leads consultation groups on attachment, presents to professional organizations on the integration of relational psychology, mindfulness and neuroscience, leads workshops in the emergence of the Whole Self, and is author of the forthcoming *Creating Wisdom Together: Growing Up and Waking Up*.

CIP Members: \$180 by September 27, or \$200 late Registration

Non-members: \$240 by September 27, or \$260 late Registration

12 CEUs approved for MFTs and LCSW; 12 CEUs submitted to the MCEPAA for approval for psychologists.

UNDERSTANDING HAKOMI AND ITS USES IN PSYCHOTHERAPY

with Rob Fisher, MFT

Wednesdays: every two weeks, January 21, February 4, 18, and March 4; 1:00 PM – 3:00 PM (4 weeks)



Working with the present moment experience of the client can bring therapy alive for both client and therapist. It enables the client to access deep and visceral levels of the inner organization of their psyche that go beyond ordinary conversation. The use of mindfulness in therapy can help generate interventions that engage the brain's right hemisphere where experience is stored and lasting change can be generated.

This class provides an overview of some of the essential methods and orientations of Hakomi Experiential Psychotherapy that can be immediately applied to practice. Mental health practitioners will learn how to: notice non-verbal communications from the unconscious; deeply join with clients on the level of their experience; deepen the experiential aspect of therapy; use mindfulness in the practice of therapy; generate experiential interventions that orient towards deeply held models of the self and the world; and explore and expand their individual psychological constructions around being a therapist that both aid and limit the container of their practice.

Rob Fisher, MFT, is a psychotherapist, consultant and CAMFT certified supervisor in private practice in Mill Valley. He is an adjunct professor at JFK University; as an adjunct professor at CIIS he teaches Hakomi and Theories and Techniques of Body Oriented Psychotherapy. Rob is a certified Hakomi Therapist and Trainer. He is the publisher of the *Couples Psychotherapy Newsletter* and the author of *Experiential Psychotherapy With Couples, A Guide for the Creative Pragmatist*.

CIP Members: \$120 by January 7, or \$140 late Registration; Non-members: \$160 by

January 7, or \$180 late Registration

8 CEUs approved for MFTs and LCSW; 8 CEUs submitted to the MCEPAA for approval for psychologists.

AGING WITH OUR CLIENTS: OPPORTUNITIES AND CHALLENGES

with *Arlene Bermann, LCSW, Sandra Henry, MFT, Saralie Pennington, LCSW*

Saturday, November 8, 2008; 9:00 AM – 12:00 NOON

As therapists and clients age together, we face myriad psychological, medical, social, and spiritual challenges which can powerfully influence the therapy relationship and process. The presenters will consider issues associated with aging, illness, and long-term clinical relationships, through discussion and vignettes from their psychotherapy practices. Particular attention will be paid to the use of the transference and countertransference to deepen the clinical relationship over time. Participants will have an opportunity to reflect upon client concerns and the clinical material they encounter in their day to day work as it relates to aging, illness, and long-term therapy.

Arlene Bermann, LCSW, is in private practices in Marin and San Francisco, and a member of the Psychiatry Department at Kaiser in South San Francisco. She teaches, lectures, and consults widely, using psychoanalytic and intersubjective approaches. Arlene provides trainings about *The Vulnerability of the Therapist in the Clinical Hour* and provides individual consultation for clinicians on this subject.

Sandra Henry, MFT, is co-founder of The Laurel Center, mental health organization, and maintains a full time clinical practice, treating children, adolescents, individuals, families, couples, and groups using a contemporary psychoanalytic framework. She is also a volunteer supervisor for New Leaf Services.

Saralie Pennington, LCSW, has a private practice in San Francisco, treating pre-adolescents to older adults. She conducts training and workshops on GLBT (gay, lesbian, bi-sexual, transgender) family concerns and homophobia for city and county agencies. She developed an internship field placement in conjunction with SFSU School of Social Work at the COLAGE (children of lesbians and gays everywhere) agency.

CIP Members: \$45 by October 24, or \$65 late registration.

Non-members: \$65 by October 24 or \$85 late registration.

3 CEUs approved for MFTs and LCSWs; 3 CEUs approved by the MCEPAA for psychologists.

NARRATIVE-FLAVORED THERAPY: THEORY AND PRACTICE

with *Michael Mesmer, MFT*

Mondays, January 26, February 23, March 23, April 20,
May 18 (5 weeks); 10:00 AM – 12:00 noon



Therapeutic approaches influenced by the ideas and techniques of Narrative therapy provide effective options for therapists and empower clients in working towards their goals. Using lecture, experiment and discussion, this seminar presents the most important concepts and practices of the Narrative tradition: externalizing the problem, mapping the problem, identifying exceptions to the problem and unique outcomes, and using documents and the text metaphor to validate and support the work that clients do to recover their sense of authorship for their own lives.

Within a collaborative environment, using participatory exercises, this course will give participants a good understanding of the relevance of “Narrative-flavored” (or “Narrative-influenced”) therapy to their own helping work with clients and practical experience in working with Narrative ideas and practices. The main objective is to expand and thereby improve the range of therapeutic options available to the participants.

Michael Mesmer, MFT, has over 30 years of experience in empowering groups, having led inner-city teens on survival courses and in street theater classes, in addition to leading drumming circles, support groups, and theater improvisation. Michael is also the co-director of Building Better Families, Inc. (www.bbsmarin.com) and maintains a private practice in San Rafael, where he treats adults, couples, families, teens and children in individual, couples and family therapy and supervises to MFT interns.

CIP Members: \$150 by January 12, or \$170 late Registration

Non-members: \$200 January 12, or \$240 late Registration

10 CEUs approved for MFTs and LCSWs; 10 CEUs submitted to the MCEPAA for approval for psychologists.

CLINICAL CONVERSATIONS

Where: CIP, 1330 Lincoln Avenue, Suite 201, San Rafael.

When: Third Friday of the month, 10:00 AM – Noon

Cost: Members: Free (MFT/LCSW CEUs \$5) **Non-Members:** \$15 (MFT/LCSW CEUs \$5)

Continuing education for MFTs/LCSWs approved for 2 hours.

This CIP program offers clinicians a monthly forum for exploring the more intriguing and perplexing — and often less talked about — aspects of our work.

Clinical Conversations offers an informal and relaxed way to engage in intellectually stimulating discussions about many complex and challenging facets of being a psychotherapist. The chance to explore many of the shadow issues of the work is particularly valuable. In fact, the possibilities are limitless. Guests are welcome.

September 19 **Linda Graham, MFT**
Neuroscience and Attachment

October 17 **Brooke A. Brown, PhD**
Sitting from Your Heart: Presence as a Healing Factor in Psychotherapy

November 21 **Nancy Olesen, PhD,**
Helping People Through Divorce, Adults & Children

January 16 **Gloria Saltzman, MFT**
Offering Hope When Death is Imminent

February 20 TBA

March 20 **Nancy Dagenhart, MFT**
Internal Family Systems: A Non-Pathological Mode of Psychotherapy

April 17 TBA

If you would like to present, or suggest an idea for a topic or presenter, please call Karen Weinberger 415-459-5999 ext. 303.

IFS THERAPY: A NEW PARADIGM IN HEALING

Bonnie Weiss, LCSW

Internal Family Systems (IFS) is a new form of therapy that is compassionate, inclusive, spiritual, powerfully healing, and deeply respectful of our inner life. It recognizes that our psyches are made up of subpersonalities or “parts.” We can think of them as little people inside us. Each has its own perspective, feelings, memories, goals, and motivations. We are all familiar with the experience of having polarized internal parts—one part of that tries to lose weight and another part that eats uncontrollably. We can all identify with parts like the inner critic, the abandoned child, the pleaser, the angry protector, and the loving caretaker.

Richard Schwartz, PhD, a family systems therapist and professor, developed IFS while working with severely traumatized patients. He recognized that parts interact with each other in a variety of ways and are organized in systems. He distinguished three primary types of parts.

“Managers” are the parts clients usually encounter first in exploring themselves. These parts handle the external world and protect against pain. Examples are the caretaker, judge, intellectualizer, entertainer, defender. “Exiles” are young vulnerable parts that hold childhood trauma and pain. They might feel abandoned, worthless, frightened, or oppressed. “Firefighters” are impulsive parts that protect against exiles’ pain in extreme ways such as addictions, rage, and dissociation.

IFS recognizes that every part has a positive intention for the client, no matter how problematic its behavior or how irritating its inner voice might be. This makes it possible to develop a cooperative relationship with all of one’s parts in the process of psychological healing.

IFS has a effective method of understanding and working with these parts to release the historical burdens they carry and heal the system, to support healthy functioning.



The IFS Process

IFS recognizes that each of us has a spiritual center, a true Self. This Self manifests the qualities found in higher consciousness: compassion, curiosity, caring, and connectedness. A major paradigm shift in IFS therapy is that the Self is seen as the agent of change. The Self welcomes all parts with curiosity and compassion. The relationship between the Self and the parts is the primary means for transformation. The therapist evokes and supports the Self of the client. He acts as a coach in assisting the client’s Self to understand and appreciate each protector’s attempts to defend the client from pain. This permits the Self to develop a trusting relationship with the protector.

The Self feels compassion for the pain of the exiles and also for the burdens that drive the protectors to act the way they do. The Self is also able to stay calm and centered despite the sometimes intense emotions that parts may feel. Though the Self may often be obscured by the parts, the focus in IFS therapy is to access it and support the development of these higher qualities. This results in a “self-led” system.

While remaining solidly in Self, the client obtains permission from the protector to work with the exile it is protecting. Following

the IFS procedure, the Self uncovers the exile’s history, motivations and beliefs, clearing the way for unburdening and healing it. This then allows the protector to relax its dysfunctional behavior.

IFS therapy is effective across a broad spectrum of inner work. It originated through work with trauma patients, and has a unique way of supporting the Self to negotiate with traumatized parts so they can be explored without overwhelming the system. It is also an excellent modality for working with couples, who learn to speak “for” their parts rather than “from” them. In addition spiritual explorers have used this modality to ease ego identities and have more expansive experiences.

Bonnie Weiss, LCSW is in full-time private practice with individuals and couples in Mill Valley, San Francisco and El Cerrito. She leads workshops for women on dealing with their inner critic, and teaches Internal Family Systems therapy. Beginning September 29, she will be teaching a four-week class, “Internal Family Systems.” (See page 5.)
www.experientialcoach.com
bonnieweiss@gmail.com



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

MEMBER NOTES & NEWS

Irma Rivera-Carlisle writes, "As many of you know, I have been on a long journey toward a Marriage and Family Therapy license. Well, I just passed my final licensure exam!!! I want to extend a thank you for the special place that you have held for me throughout this journey, and for your prayers, good wishes and support. All your combined encouragement has been invaluable."

From Patricia Frisch, PhD: New Modular Clinical Program in Reichian Therapy begins 8/23/08. 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.

Mytrae Meliana, CIP Alum, is opening a private practice internship with Dr. Mary Paige in San Francisco. She can be reached at (415) 226-1312.

MEMBERS

Do you have news to share?
A new office?
A new workshop or group?
A forthcoming book?
Personal news?

Send your short notice to
rjberensoncip@aol.com.

To become a member, turn to the Application on page 11.



A Heartfelt Thank You to Our Donors (1/08 - 7/16/08)

Individual Donors

Circle of Inspiration

Jack Nixon

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Susan Adams

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Nancy Bertelsen

Al & Pat Boro

Mary Crittenden in honor of Mary Bume

Susan & Paul Edmondson

Judith & Patrick Gigliotti

IBM Employee Services Center

Irma & Sanford Katz

Yvonne & Dan Klitsner

Wayne Lesser Attorney at Law

Ivan & Wendy Levison

James McGeehan

Sistie Moffitt

John Morre & Jane Ferrante

Kathryn & Peter Niggeman

Lorraine Williams Norby

Richard Park

Peck Stanton Hockett Insurance Agency

Paul Popper

Jay Stone Rice

Marianne & Stan Stefancic

Grants

Allensby Charity Fund

The Bothin Foundation

Donald O. Collins Foundation

Marin Charitable Association

Nightingale Fund

*We make a living by what we get, but
we make a life by what we give.*

— Winston Churchill

ANSWERING A SPECIAL NEED: CIP SCHOOLS PROJECT

Each year, the CIP Schools Project for Students at Risk helps dozens of at-risk Marin students to overcome emotional problems and begin the path to brighter, healthier futures. CIP intern-therapists work in the public schools to provide one-on-one and group counseling, and relate how readily the children respond, gaining in self-confidence, capability, and responsibility. Ongoing program and student evaluations show consistently positive results.

This year the need for counseling services in the schools is especially great. Participating schools, San Rafael High School, Miller Creek Middle School, Davidson Middle School, Coleman Elementary School, and Bahia Vista Elementary School, have asked us to place more CIP counselors at the school site starting this September.

Because of this increased demand, CIP has made the Schools Project a funding priority this year. Services are provided at no cost to the students or their families, and we rely on donations for program support.

We would like to extend our deepest gratitude to the following individuals and organizations for their contributions to the 2008-2009 Schools Project.

Anonymous

Ethel Barclay

Jean Berenson-Tilem, MA, MFCC

Helen Bonaparte in Honor of Adin Bonaparte

Alexandra Botwin

Jeffery Davidson

Margo Fraser Fund

George Goodman

Donald & Virginia Humphreys

James McGeehan

Nightingale Fund

Mr. & Mrs. Nathan Plotkin

Scott R. Muldavin & Susanne I. Ragen

Joyce C. Rhodes

Paula Trehearne

We would like to gratefully acknowledge Shirley and Jeff Graves, who donated two bottles of personalized Windsor Vineyards wine to the Silent Auction at our gala Rock'n Rendevous.

COMMUNITY LEADER JOINS CIP BOARD

The CIP Board of Directors is pleased to announce the addition of **Martha DiSario** of Sausalito. Board members play a key role in public relations, building community awareness about the agency and its work, and use their skills and insights to play an active role in fund raising and organizational governance.

WELCOMING MARTHA DISARIO

Since 1998, **Martha DiSario** has owned and managed Pacific Communications, an award-winning, boutique PR firm with a number of clients in healthcare and biotech. A life-long environmentalist as well as social activist, she has recently founded a specialized PR practice, Green Pacific, launching green-minded businesses and renewable energy companies in the media and marketplace.



“We are very excited that Martha, a communications expert with a track record of helping to advance social justice and environmental causes, has joined CIP’s Board of Directors,” said **Dr. Robin Joy Berenson**, CIP Executive and Clinical Director. “Her skills and contacts will help CIP to expand its donor base and Board as we enlist other talented and committed community members.”

“I am pleased to join the Board of CIP, and look forward to helping the organization with its very worthy mission,” said Martha DiSario. “CIP provides the absolute safety net for counseling in Marin County, and it is critical for counselors-in-training and those most in need that the organization remains strong and vital. I joined CIP because I find its ‘business model’ to be very compelling, as it creates a win-win situation for both clients and intern-therapists needing practical experience.”

Martha is the former Vice President of Communications for the California Medical Association, and previously, Director of External Affairs for the Centers for Medicare and Medicaid Services during the Clinton Administration. She began her career in communications and media relations on Capitol Hill, where she was communications director for US Senator John Glenn.

She received an MA degree in counseling psychology from Chapman College, and an MEd in Social Foundations of Education from the University of Virginia. In addition to CIP, she serves on the Boards of Directors of Rainforest Action Network, ActiveMusic, which produces concerts benefitting environmental, health, and social justice causes, and the Resource Center for the United Nations, a UN affiliate in San Francisco.

BOARD NEWS

CIP Board of Directors

Lorn T. Dreitzler, President
Robert A. Sonnenberg, Treasurer
Mary Breme Rezaian, MA, MFT,
Secretary
Martha DiSario
Karen Koster
Iraj Zolnasr

Board Emeritus

Harold C. Brown, Jr.
Gregg Elberg
H. R. Granger, Jr.
Susan Lachtman
Wayne L. Lesser
Perry D. Litchfield
Stacy Scott



MEET HEATHER LEWIS, ADMINISTRATIVE MANAGER

Heather Lewis is the new Administrative Manager at CIP, joining the agency the beginning of June, 2008. A native Marin resident, Heather raised her children in Seattle for 20 years and returned to the Bay Area four years ago. She has over 10 years experience in the health care industry, having worked in insurance, practice management, and advocacy. While in Seattle, she was responsible for the success of two major fund-raising events for Seattle Community Youth at Risk. Heather was also an integral part of a fund-raising event for the Waldorf School of Seattle and contributed to various projects with Pacific Crest Montessori School.

Heather is excited to be a part of CIP, bringing her natural enthusiasm and a commitment to the ongoing success of the agency.

Welcome, Heather!

FAREWELL TO CIP

by *Eloise Rivera, MFT*



It is certainly with mixed feelings that I leave CIP. I have been on staff at CIP for seven and a half years. It has been a rich experience — gratifying, challenging, stimulating. Group supervision has been the core of my experience at CIP. I have always enjoyed being a group supervisor and always appreciated the quality of interns who come to CIP.

In my staff position I have helped pull together the Seminars for Professionals and in this capacity have met some of the most competent and inspiring people in our field. It was an important part of my job description to organize the seminars and introduce the speakers.

CIP is a nonprofit organization that I was proud and honored to be associated with. The well trained interns at CIP have offered quality services to people in the community. I have always admired the community of supervisors and trainers who volunteer with such dedication and energy in supporting the work of CIP. It has been a real privilege to get to know them. I will always be grateful that I had the opportunity to work with all the assistant clinical directors that have come to CIP during these years that I have held my position. Each of them made substantial contributions to the growth and well being of CIP and have been good friends and colleagues. Finally, I have been amazed at how Robin Berenson has managed not only to keep CIP afloat in difficult times, but to expand its services, and attract all the fine people who make CIP the vital agency that it is.

So, I bid CIP farewell, grateful for the opportunity to have been affiliated with this vital agency and to have experienced the personal and professional growth that such affiliation afforded me.

ARRIVEDERCI!

by *Sarah Brewster*

This fall marks the end of my formal relationship with CIP after six years as a supervisor and three years here as Assistant Clinical Director. This ending, as are many endings, is also a beginning. In September for the first time in my adult life, I will be gainfully unemployed.

As I look forward to full-time retirement, I realize how very fortunate I have been in my professional life. My work at CIP has been especially rewarding. The experience of supervising interns has been one of the most challenging and stimulating of my career. I am deeply appreciative for having had the opportunity to mentor so many talented and dedicated intern therapists. The contribution CIP makes to enhancing mental health in the Marin community is a major one and I am grateful to have had to opportunity to be part of this endeavor. I am also gratified by the many professional and personal relationships I have developed through my connection with CIP. As I leave I want to say “Thanks so much” to the CIP staff (especially to Robin) and to the many volunteer supervisors and trainers who have been so helpful and who have given so much to this organization.

Arrivederci!



PROFESSIONAL DEVELOPMENT PROGRAM MEMBERSHIP BENEFITS

Community Institute for Psychotherapy (CIP) offers its Professional Development Program in which Bay Area mental health professionals, registered interns, and students can become non-voting members of CIP. The goal of the program is to provide opportunities to enhance personal and professional development, and create an ongoing supportive network.

Membership Rates:

\$50 Regular Member (Licensed Mental Health Professional)

\$30 Associate Member (Unlicensed)

Program benefits include:

- **CIP Seminars for Professionals:** All-day and half-day seminars presented by nationally recognized experts on important topics and issues (three per year). Special rates for members.
- **Advanced Case Conferences, Clinical Issues Seminars, Study Groups and Classes.** Special rates for members.
- **Clinical Conversations:** A monthly case conference with presenters. Free for members; \$5 for BBS CEU certificate for MFTs and LCSWs.
- **Members only:** Opportunity to place a notice in "Membership Notes" and News of CIP's quarterly newsletter, *Community Notes*.
- **Members only:** Listing in CIP's Annual Membership Roster (if registration and information received by September 15, 2008).
- **Members only:** Opportunity to present in CIP's Community Education Program, including CIP's Speaker's Series.

For more information or to be placed on our mailing list to receive materials, please contact the CIP Office at (415) 459-5999 ext. 101.

Community Institute for Psychotherapy

2008–2009 Professional Development Program Membership Application Form

Note: Even if you do not wish to be listed in the Membership Roster, please complete for CIP's internal use.

[Please print]

_____ Date

Name _____

Office Address #1 _____

Office Address #2 _____

Email _____ Office Telephone _____

Degree _____ License Type _____ License # _____

Brief description of professional activity/affiliations/interests in psychotherapy for roster listing (20 words or less):

Would you like the above information listed in Annual Membership Roster*? Yes No

*Must be received by September 15, 2008

September 2008–August 2009 Membership Fees: \$50 Regular Membership (Licensed Mental Health Professional)
 \$30 Associate Membership (Unlicensed)

Amount Enclosed \$ _____

Payment type: VISA MasterCard Check payable to: Community Institute for Psychotherapy

Card Number: _____ Exp. Date _____ CID# _____

I am interested in learning more about CIP's committees:

- Professional Development Program Committee (generates and organizes the Seminars for Professionals and the Advanced Clinical Case Conferences; works with one Core Staff Member)
- Community Education Program Committee (generates and organizes educational materials and presentations for the community)
- Communications Committee (works on public relations, graphics, etc.)
- Event Planning Committee (helps with Annual Gala [participating on the Sponsor, Auction, or Food/Beverage Committees], Share Your Healing Story, and/or other events)
- Development Committee (helps with fundraising)
- Community Notes Newsletter Committee (writes and/or solicits one article for each quarterly issue)
- Alumni Committee (organizes alumni events, requests information for "Alumni Notes" in quarterly newsletter)
- I can't make a commitment, but I'd like to help when I can. Call if there's a need.

Fax your completed registration form to (415) 459-5602

Mail check and registration to: CIP • 1330 Lincoln Avenue, Suite 201 • San Rafael, CA 94901

For more information, phone (415) 459-5999 x101



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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

CIP CONCLUDES SUCCESSFUL YEAR

Throughout all programs, 2007/2008 has proven to be a very successful year, with the agency operating at clinical capacity. CIP achieved its projected Measurable Outcomes as assessed by the Adult Outcome Survey and Child Outcome Survey. The most frequent problems presented by clients were anxiety (40%), depression (38%), and interpersonal issues (30%).

Among the comments we received on Adult Outcome Survey Reports:

Thank you from the bottom of my heart. I never thought I could be happy again.

I could never have gotten help if your sliding scale wasn't so low.

The therapist I worked with was so sincere and smart, and helped me see what I was doing to sabotage things in my life. I am ever so grateful.

You helped my son. He talks to me and is joining in on activities again, after almost two years of isolating himself.

My therapist saved our marriage and family. Thank you. She helped us be together like we used to be, and get past the anger and patterns of abuse.

I didn't think it was possible to feel like I could function again. Thank you.

EXECUTIVE DIRECTOR
 (CONTINUED FROM PAGE 1)

great heart and dedication to her supervision of interns who work with Ritter House clients in a very challenging setting. We thank Marilyn for her devotion to CIP and we wish her well. **Nancy Lambert, PhD**, will be taking the position of Director of CIP's Ritter Center Program. She is also an alumnus of CIP and we are very excited to have her join us.

There are yet more comings and goings to announce in this issue of *CIP Notes*. We are delighted to welcome all these new faces and look forward to working with them.

