



COMMUNITY NOTES

Community Institute for Psychotherapy ♦ San Rafael, California ♦ Vol. 19, Number 3

September 2010

DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

CIP connects to our community in many ways, primarily through our clinical services that provide a vital safety net for Marin families, couples, and individuals. Our intern-therapists value the opportunities a community-based organization offers to work with clients of all ages and diverse backgrounds and through outreach programs, in a variety of settings. Additionally, client referrals come from public and private agencies, organizations, and professionals throughout the Marin community.

Beyond our clinical services, we know that community education and continuing education for professionals are key strategies for prevention and effective treatment of mental health disorders. So this year we look forward to increasing our contact with the public through our "CIP News & Notes" email updates. Each month this brief newsletter provides useful information on issues that affect families and individuals in all walks of life.

Similarly, our monthly "Professional Development Update" emails keep professionals throughout the Bay Area informed of upcoming programs and opportunities. Even this newsletter, now in its 19th year, is available online. We encourage you to receive subsequent issues via email or to access it on our website. Visit www.cipmarin.org today to sign up to receive any or all three of these email communications.

Most of all, we appreciate your interest and look forward to staying connected.

ANNOUNCING

LOVING SPOONFULS Marin's Soup and Dessert Challenge

You won't want to miss this fun and scrumptious CIP fund raising event in which restaurants, service groups, clubs, and corporations will chop and dice their way to compete in the first annual LOVING SPOONFULS, MARIN'S SOUP AND DESSERT CHALLENGE on Saturday, January 22, from 12 noon to 3 PM at the Mill Valley Community Center. (Thank you **Bank of Marin** for signing up and participating with a table. You are Loving Spoonful's first Early Bird Sponsor!)

Culinary professionals and non-professional Foodies will be judged separately;* awards will be granted to the top three Best Soups and the Best Dessert submitted by professionals as well as to the Foodie winners of The People's Choice Awards in each category. Judges will be **Pat Fusco**, Restaurant Reviewer and Food Columnist for the *Pacific Sun* and **Mike Weller**, Program Director for the California Culinary Academy and Cordon Bleu Culinary Arts. More will be announced.

Community members of all ages are invited to attend and enjoy Marin's culinary best. For information about Sponsorship Benefits and Opportunities, please see page 5.

* Participant tables are extremely limited and assigned on a first come basis.

(continued on page 5)

OPENINGS AVAILABLE FOR NEW CLIENTS

September brings new clinical openings. 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.

Services are provided by our intern-therapists, each of whom brings a broad range of skill, expertise, and experience to their work with clients. Among their specialties are working with families around parenting issues, depression, anxiety, disordered eating and body image issues, couples work, life transitions, coping with chronic pain and disability, and substance abuse, among others. We stress cultural sensitivity and care for the whole individual, enabling clients to embrace their strengths and resolve problems in order to live with more purpose and passion.

For more information about our programs, please see page 5.

PROFESSIONAL DEVELOPMENT SERIES 2010-2011

See page 4 for the fall schedule of the Seminar for Professionals and Study Groups and Classes. See the complete schedule online at www.cipmarin.org.

STAFF

INTRODUCING NEW CORE STAFF MEMBER DR. CYNTHIA KESSLER



CIP Core Staff (left to right): Cynthia Kessler, PsyD; Robin Joy Berenson, PhD, MFT; Paula Sitelman, PsyD; Karen Weinberger, LCSW.

All of us at CIP are delighted to welcome new Assistant Clinical Director Cynthia Kessler, PsyD. In response to our request, Cynthia has provided this brief introduction to her professional background and personal interests.

I've been in private practice in San Francisco for many years. I have a general adult psychotherapy practice, as well as a specialization in ADHD. I also work with cancer patients and others living with chronic illnesses and disabilities. Through the years, I've also usually kept some part time involvement in community mental health. I was a clinical supervisor of doctoral interns at Haight Ashbury Psychological Services for 10 years

My first real exposure to the field of psychology was as an undergraduate in the late 1960's, during a time when there was a burgeoning movement to open community mental health clinics. I did my first practicum in an inner city clinic in my hometown of Cleveland, Ohio. I firmly believe that as a private practice psychotherapist, I have to also assume some responsibility for helping make therapy more accessible and affordable to the community, so I was drawn to CIP's strong mission and long-standing reputation in this regard. On a more personal level, I have really been appreciating the opportunity to work with my new CIP core staff colleagues, all very strong, dedicated women.

As a graduate of the Wright Institute, I've had extensive psychodynamic training and favor the earlier Object Relations theorists such as Kernberg, Kohut, and Winnicott, as well as their more relational oriented psychoanalytic predecessors, Erich Fromm, Karen Horney, and Harry Stack Sullivan. I've also had extensive training in Gestalt Therapy.

What grounds me the most is the outdoors. I hike, I camp, I garden. I'm also on the Board of Directors of the San Francisco Psychological Society, and serve on the CLASP (Colleague Assistance and Support Program) committee. In this way I've been able to bridge my personal and professional interests in cultivating mind/body resiliency across the lifespan. My greatest teacher in living mindfully was my late husband, who lived with cancer for many years. My greatest teacher in living joyfully is my 11 year old grandson, who lives to play.

CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR
Robin Joy Berenson, PhD, MFT

ASSISTANT CLINICAL DIRECTORS
Cynthia Kessler, PsyD
Paula Sitelman, PsyD
Karen Weinberger, LCSW

DIRECTOR OF PRE-DOCTORAL STUDIES
Paula Sitelman, PsyD

COORDINATOR, CIP PROFESSIONAL
DEVELOPMENT SERIES
Karen Weinberger, LCSW

COORDINATOR, INTERN TRAINING
PROGRAM
Cynthia Kessler, PsyD

COORDINATOR, TRAINING FOR
SUPERVISORS
Paula Sitelman, PsyD

DIRECTOR OF ADULT THERAPY GROUPS
Jessica Kirk Batha, MFT

DIRECTOR OF COUPLES THERAPY
PROGRAM
Marianne Stefancic, MFT

DIRECTOR CANAL ALLIANCE SUPPORT
PROGRAM
Lori Rifkin, PsyD

DIRECTOR OF EATING DISORDERS
PROGRAM & EMBODY POWER 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 OF PSYCHOLOGICAL
TESTING PROGRAM
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 STAFF (con't)**Clinical Supervisors**

Barbara Adamich, LCSW
 Sophia Amargi, MFT
 Maria Arieta, PsyD
 Douglas Armstrong, PsyD
 Barbara Berman, PhD
 Martin Block, PhD
 Carole Carrillo, LCSW
 Laura Foster Collins, MFT
 Jane Cunningham, MFT
 Glenice Dunbar, MFT
 Daniel Ellenberg, PhD
 Sheva Feld, PhD
 Sue Fleckles, PhD
 Susan Pease Gadoua, LCSW
 Bernice Goodwin, PsyD
 Ann Gordon, PhD
 Hollie Hannan, PhD, MFT
 A.Raja Hornstein, PsyD
 Kathryn Hughes, LCSW
 Andrew Lamden, LCSW
 Susanne Light, LCSW
 Clarisse V. Lula, MFT
 Helen McMahan, MFT
 Margaret Perlstein, MFT
 Diane Ray, MFT
 Eric Reitz, PhD
 Jeana Reynolds, MFT
 Joan Robinson, LCSW
 Arline Rodini, MFT
 Barbara Rose, MFT
 Frederick G. Rozendal, PhD
 Janelle Salah, MFT
 Stephen M. Schoen, MD
 Leah Seidler, LCSW
 Roberta T. Seifert, PhD
 Ilene Serlin, PhD
 Joshua Simmons, PhD
 Gregory Smith, MFT
 Joan Sommer, PhD
 Susan Steele, MFT
 Steve Sulmeyer, JD, PhD
 Beth Cooper Tabakin, PhD
 Priscilla Taylor, PhD, MFT
 Linda Thorson, PhD
 Laura Wald, PhD
 Stephanie Weissman, PhD
 Bryan Wittine, PhD

Intern-Therapists

Debbie Bauer, MA
 Elyse Boyar
 John Brown, MA
 Michelle Cilia
 Smadar deLange
 Amanda Elder, MA
 Oksana Fuchedzhi
 Melanie Gilpin
 Michael Grubb
 Jacob Kaminker
 Nikoo Khansari
 Peggy Kim
 Johanna Lafferty
 Robert Larson
 Elizabeth Loomis
 Susan Lourme
 Alison Panko
 Asya Pogodina
 Gabriel Rabu
 Shana Rassner-Gans, MA
 Alexandra Rothschild
 Meire Santos, MA
 Joan Warren-Stahl
 Lesley Van Voorhees, MSW

NEWEST CIP OUTREACH PROGRAM SERVES SENIORS

It is well documented that Americans are living longer and remaining active and independent well into their seventies, eighties, and beyond. Yet as individuals grow older, they are susceptible to emotional and psychological stresses more common to their time of life, including grief, loss, depression and anxiety. By addressing emotional stressors, counseling can significantly improve individuals' overall quality of life.

This month, CIP will begin providing weekly counseling services for seniors at Senior Access in San Rafael. The mission of Senior Access is to provide programs and services that enhance the quality of life and independence of older adults through structured and creative daytime programs.

The Senior Access Program is one of six off-site programs offered by CIP: The Schools Project, Canal Alliance Youth Counseling, the Ritter Center Program for homeless and near-homeless individuals, the Helen Vine Detox Center Program, and EmBODY Power, an eating disorders education and prevention program in Marin middle and high schools.

INCREASED HOURS FOR SUCCESSFUL YOUTH PROGRAM

CIP's Canal Alliance Youth Counseling program, founded in 2007, provides youth with an opportunity to discuss the issues and problems they confront at home and/or at school in a safe environment with trained and trustworthy adults. During 2010-2011, this proven program will expand from two to three CIP intern-therapists providing counseling each week.

For many children, CIP's Canal Alliance program helps them in dealing with cultural conflicts and difficulties of assimilating into another culture. Treatment approaches include sand tray, play therapy, dream interpretation, and bonding time with therapists. Demonstrated benefits to participants include improved school performance, greater self-esteem, and better relationships with peers and family.

HIGH MARKS FOR 2009-2010 SCHOOLS PROJECT

Founded in 1991, The Schools Project provides weekly therapy in Marin public schools for students identified by school staff to be at high risk for academic and social failure due to emotional problems. In 2009-2010, CIP intern-therapists served approximately 150 students and their families, all of whom have made substantial progress. Students gained greater understanding of their own resiliencies, and enjoyed enhanced emotional and physical well being, and greater self-esteem. All are doing better academically and will progress to the next grade level.

Ted, a middle-school student, was referred when he was caught with marijuana. His mom is alcoholic and abusive, and his stepfather is abusive. Ted is disconnected from his birth dad, and he is struggling with depression and the loss of his father. Therapy has provided Ted a safe place to express his sadness to a consistent, sympathetic adult, and he is forming a positive relationship with his therapist.*

(*Please note that the name and personal details of the child have been changed to ensure confidentiality.)

PROFESSIONAL DEVELOPMENT SERIES 2010-2011

CIP is proud to announce our 2010-2011 Professional Development Program offerings, including seminars, study groups, and classes by outstanding clinicians on a wide range of topics. See below for our Fall 2010 schedule and view the entire schedule online at www.cipmarin.org.

SEMINAR FOR PROFESSIONALS



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, October 30, 9:00 AM – 4:00 PM; Town Center Community Room, 770 Tamalpais Drive, Corte Madera

Fees: CIP Members: \$100 or \$120 after October 16; Non-Members: \$120 or \$140 after October 16

STUDY GROUPS & CLASSES



Expressive Therapies: Integrating Mind/Body Therapies into Practice

with *Ilene A. Serlin, PhD, BC-DMT*

Fridays 10:00 AM - 12 noon: September 10, October 8, November 12, December 10; February 18 and May 13
CIP, 1330 Lincoln Ave, San Rafael, Room 203

Fees: CIP Members: \$180 or \$200 after August 27; Non-Members: \$200 or \$220 after August 27



Widening the Royal Road

Saturdays 10:00 AM – 2:00 PM; September 25, October 9, November 13, December 11

CIP, 1330 Lincoln Ave, San Rafael, Room 201

This course may be attended on a per session basis.

September 25, *The Dream Group* with Meredith Sabini, PhD; Terry Ebinger, MS; Richard Russo, MA

October 9, *Finding Our Way in the Dark* with John Beebe, MD

November 13, *Extraordinary Dreams and How to Work with Them* with Fariba Bogzaran, PhD

December 11, *Graceful Exits* with Meredith Sabini, PhD

Fees: \$100 per session or \$375 for the entire series.



Neuro-Science of Attachment in Relationships

with *Linda Graham, MFT*

Wednesdays 9:00 – 11:00 AM; October 6, 13, 20, 27, and November 3, 10

CIP, 1330 Lincoln Ave, San Rafael, Room 203

Fees: CIP Members: \$180 or \$200 after August 27; Non-Members: \$200 or \$220 after August 27



Dream Consultation Group

with *Meredith Sabini, PhD*

Fridays 11:00 AM – 1:00 PM: October 15, November 19, December 17, January 21

CIP, 1330 Lincoln Ave, San Rafael, Room 203

Fee: \$50 per session

Help CIP go green!

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

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

CIP MEMBERSHIP BRINGS BENEFITS ...

Founded in 2004, CIP's Professional Development Program offers Bay Area professionals the opportunity to become nonvoting members of the agency.

Members receive reduced member rates on all seminars, classes, and study groups. They are also eligible to submit articles for our "Professional Insight" column in CIP's print and online publications, and to share news of their practice, publications, or workshops with other Bay Area professionals through our "Members Update."

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

Become a member or renew your membership today at www.cipmarin.org.

MEMBER UPDATES

We are sad to note the passing of **Sheila A. Propheeter, MFT**. In 1977, she was among the co-founders of CIP, the purpose of which was to train budding therapists and provide low-fee therapy. Sheila saw low-fee clients, and taught and supervised interns for many years. She was proud that CIP still flourishes.

Sheila loved being a therapist and was an active member of several CAMFT committees, including the Scholarship and Conference Committees, and Marin Mental Health Disaster Committee. Sheila devoted much of her practice to breast cancer patients and their families.

Sheila loved to dance and was an avid Dixieland band fan, as well as an avid reader who regarded libraries as a chief blessing in life. Sheila wants to be remembered for living her life in Technicolor.



Openings in private practice. An experienced psychotherapist, **Stephen Schoen, MD**, works with individuals facing difficulties in living: anxiety, depression, life transitions with career, intimate relationship, loss through illness or death. He is also an experienced couples and family therapist. Auxiliary medication can be prescribed when needed. Contact (415) 472-2780.

Kristine Duffin writes, "I want to share some good news. I applied to the SF Jung Institute for analyst training, and was accepted, so I will become a preliminary candidate in the fall! I'm very pleased and looking forward to a lot of work and a lot of growth."

All of us at CIP wish to congratulate **Debbie Bauer** on the birth of her son, **Michael**, born March 1, 2010, weighing 8 pounds.

LOVING SPOONFULS (CONTINUED FROM PAGE 1)

SPONSOR BENEFITS & OPPORTUNITIES

Sponsors of LOVING SPOONFULS receive public recognition, marketing benefits, and tickets to the event. Sponsor commitments received by November 1 will be acknowledged on the flyer, in the media, and pre- and post-event newsletters, and during the event. Commitments received by December 15 will be acknowledged in the media, during the event, and post-event Newsletter. Payment is due January 10, 2011.

For complete information, please visit www.cipmarin.org.

\$20,000 Executive Chef 🍴🍴🍴🍴🍴

\$10,000 Chef de Cuisine 🍴🍴🍴🍴

\$5,000 Sous Chef 🍴🍴🍴

\$2,500 Station Chef 🍴🍴

\$1,000 Line Cook 🍴

Please contact **Linda Naughton** at (415) 435-5235 or email: linaughtoncip@aol.com with questions or comments.

CIP PROGRAMS OPEN FOR REFERRALS

(CONTINUED FROM PAGE 1)

CIP provides a full range of psychological services. For more information, visit www.cipmarin.org. To make an appointment, call (415) 459-5999, ext. 102.

- **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.** Healing from trauma and help 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.

CIP COMMUNITY OUTREACH

Timely attention and early intervention can minimize the impact of emotional problems and restore well-being to families, couples, and individuals. As part of our ongoing community outreach, CIP offers complimentary initial sessions throughout the year.

Upcoming free screenings and consultations:

September 2010 Child Assessment and Parent Consultation

October 2010 Screening and Consultation for depression, anxiety, or other concerns.

December 2010 Consultation on Holiday Stress

February 2011 Eating Disorders Awareness Month

March 2011 Couples Assessment and Consultation

A Heartfelt Thank You to Our Donors June 2009 – July 2010

Individual Donors

Circle of Inspiration

Barbara S. & Laurence Brauer
Kathleen Burgy Trust, in memory of
Kathleen Burgy
Richard D. Hannan Family Fund in honor
of Hollie Hannan
Stephen Schoen, MD
Charles Schwab

Circle of Friends

Kimball A. Baker
Carol Banquer
Ethel Barclay, in memory of Dick Barclay
Nancy Belmonte
Helen & Alan Bonapart
John Brady
Mary Breme
Brenda's Cleaning Service
Christina Colombo Briklen
Delia Brinton
Susan Chandler
Laura Foster Collins
Sherman & Muriel Coultas
Mary Crittenden
Lorn Dreitzler
Carol Dutton-Hollenberg
Paul & Susan Edmondson
Dr David & Carol S. Fairchild
Earl Farnsworth
Joan & Stephen Fierberg
Marsha Fine
Leslie Franklin
Janet & Roger Freeburg
Judith Gigliotti
Hector A Gonzales Jr.
S. Kramer Herzog
Barbara Heydorn
Anne Hiaring Hocking
Ruth Jaeger & Steve Wolf
Gene Kaufman
Keegan & Co
Susan Kirsch
Wendy Labov-Dunne
Wayne & Lorraine Lesser
Susan Levinson
Janet Linder
Chuck Louderback
Mark & Laurie Miller
Catherine Munson
Jack Nixon, CLU
Lorraine Norby
John Obendzinski
Jerry & Becky Oken
Nancy Williams Olesen
Perforce Software on behalf of Stephen Wolf
Margaret Perlstein
William Pryor
David & Mary Rabb

Jay and Rohana Stone Rice
Belinda Ryland
Catherine Clark Sayles
Schneider Foundation
Ilene Serlin
Sue Severinghaus
Joe Shekou
Naomi Spiegelman
Marianne & Stan Stefancic
Allen & June Tamura, in memory of Mary
Breme, MD
Frances Vaughan
Steve Watry

Grants

Cooper Foundation
Donald O. Collins Foundation
Freitas Foundation
Lucasfilm Foundation
Margot Fraser Fund
Marin Charitable Association
Nightingale Fund
Pell Family Foundation
San Rafael Elks Lodge #1108
Irene Scully Family Foundation
Sutter Instrument Company
The Sundt Foundation

CIP Board of Directors

Lorn T. Dreitzler, President
Robert A. Sonnenberg, Treasurer
Mary Breme Rezaian, MA, MFT,
Secretary
Jane Lising-Hanson
Marty Pomerantz
Iraj Zolnasr

Board Emeritus

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

Business Partnership

Frank Howard Allen Real Estate

Extensive Book Donation for Library

Charlaine Prefontaine

TICKET TO RIDE

SPONSOR SPOTLIGHT: AUTODESK

A Mission to Improve the Lives of Those in Need

As a world leader in 2D and 3D design, engineering, and entertainment software, Autodesk has a key role to play in the world of tomorrow. "Change is all around us," states the company's webpage, "from a global population boom and spiraling energy costs to worldwide commoditization and climate change. The environment in which we live is rapidly shifting, and that change means opportunity. Now more than ever, design is the great competitive differentiator."

Autodesk also plays an important role right here in Marin. "Autodesk believes in being a responsive community partner," states **Julie Wilder**, Manager, Worldwide Community Relations. "Through our products, values and actions we strive to build and foster healthy, sustainable communities. The mission of Community Relations is to improve and enrich the lives of those in need by supporting vital community programs. We care. It's what we do."

The Autodesk Community Relations program offers assistance to nonprofit organizations through monetary donations, in-kind contributions and volunteerism among its employees.

Autodesk has been a strong and generous supporter of CIP since 1993, providing grants for program services, and more recently, sponsorships of its annual fundraiser, including this year's *Ticket to Ride!*

Thank you, Autodesk, for your ongoing support!



*Julie Wilder,
Autodesk
Community
Relations Manager.*

SPONSORS AND AUCTION DONORS BRING SUCCESS!

The Board of Directors of Community Institute for Psychotherapy extends their thanks to our generous *Ticket to Ride* Sponsors and Auction Donors for their outstanding support of our successful 2010 *Ticket to Ride* benefit in providing vital funding and lending visibility to our work in the community serving disadvantaged families, adults, and children. Thanks, too, to all those who participated in our *Ticket to Ride* auction.

Thank you! to Our 2010 Silent Auction Donors

20/20 Optical
A-16 Restaurant
Acqua Hotel
Adventure Works
Alchemy Market & Cafe
Alioto's Restaurant
Andreas Olesen
Andrew Lamden
Applebee's
Artesa Vineyards & Winery
Asian Art Museum
Balboa Cafe Mill Valley
Bangkok Thai Express
Barbara Sapienza
Barbara Smith Gemstones
Bay Area Discovery Museum
Bella Notte Linens, Inc.
Benefit
Benjamin Elfant-Rea
Berkeley Repertory Theatre
Best Buy
Bette's Oceanview Diner
Blondie's Organic Hair Salon
Blue Waters Kayaking
Bob & Sue Ohrensehall
Bob Puett
Bodywork Therapy
Bon Air Salon & Spa
Book Passage
Cafe Del Soul
Cakebread Cellars
California Academy of Sciences
California Canoe & Kayak
California Shakespeare Theater
Canine Cove
Cantor Chiropractic Center
Carneros Della Notte
Cartoon Art Museum
Cheesecake Factory
Cherish
Chimney Rock Winery
Cici Gelateria
Cinema West
Claremont Resort & Spa
Classic Kids Photography
Cline Cellars
Club at the Claremont
Comforts
Dance Arts Studios
David Peters Photography
Dharma Trading Company
Di Rosa Art Preserve

Dini Freeman
Dipietro Todd Salon
Disneyland
DJ's Chinese Cuisine
Estate
Fine Arts Museums of San Francisco
Florentine Films
Fog City Brass
Foodniks
Frank Topper
Girard Winery
Glenn O Thompson
Go Dog Go
GoCar Tours
Golden Gate Bridge Highway & Transportation Dist
Guaymas Restaurant
Hanna's Restaurant
Havana Cuban Cuisine
Hector A Gonzales Jr.
Heitz Wine Cellars
Here2there Coaching
Hiller Aviation Institute
Holland America, Inc.
Il Davide Restaurant
Ilene Serlin
In Touch
Infineon Raceway
Irwin Holmes Technology
Jack Galante, Galante Vineyards
Jane Cunningham
Janet Gennai-Rizzi
JCCSF
Jefferson & Shirley Graves
Jeffrey Grimes
Jewelry By L
Joan Louie
Joe's Taco Lounge
John Brown
Karen Gann
Karen Noreen
Kim Belfour
Ladybug Styling Salon
Larkspur Hotel Mill Valley
Las Camalias
Las Vegas Retreats
Laurie Macmillan
Leavelight, LLC
Leslie Horn
Lindsay Wildlife Museum
Lotus Center of Oriental Medicine & Respiratory Associates
Lotus Cuisine Of India

Proceeds from *Ticket to Ride* will be used throughout the year to provide psychotherapy and necessary services to those who cannot otherwise afford the help they need.

Thank you! Your support has made a tremendous difference at a time when our safety-net services are more important than ever for our community!

Ticket to Ride Sponsors

Champion Sponsor and Honorary Event Chair

Perry D. Litchfield, Esq.,
Resolution Remedies

Major Sponsors

Autodesk

Tamalpais Bank

Lead Sponsors

Bank of Marin

The Pasha Group

Wordsworth

Contributing Sponsors

Fidelity Investments

First Federal Savings and Loan
Association of San Rafael

Minto & Wilkie Insurance
Agency, Inc.

Scott Muldavin & Susanne Ragen

Seagate Properties, Inc.

Wilson, Markle Stuckey, Hardesty
& Bott LLP

Sunnyside Nursery
Taghi & Mary Rezaian
Tam Bikes
Terra Mia Ceramics
The Cliff House
The Dojo Studio of Martial Arts
The Melting Pot
The Pelican Inn
The Ragged Sailor Gallery & Framery
Tiburon International Film Festival
Tim Blofeld
Touchstone Climbing & Fitness
Via Diva
Vidal Sassoon
Vintage Wine Estates
Wildcare
Yerba Buena Center for the Arts
Yoshi's San Francisco



COMMUNITY INSTITUTE FOR PSYCHOTHERAPY
 1330 LINCOLN AVENUE, SUITE 201
 SAN RAFAEL, CA 94901-2141
 (415) 459-5999

NON-PROFIT ORG
 U.S. POSTAGE
 PAID
 SAN RAFAEL CA
 PERMIT NO. 407

RETURN SERVICE REQUESTED

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

IL DAVIDE RESTAURANT & STARRY NIGHT WINERY TEAM UP TO PRESENT A WINEMAKER DINNER

Join us for a very special fund raising event on Monday, October 4 at 6 PM, when David Haydon, Il Davide Chef/Owner, prepares a masterful, multi-course, gourmet dinner to pair with Starry Night Winery's award-winning wines (Wayne Hansen, Winemaker).

From hors d'oeuvres through the "Chocolate 3 Ways" finale of the four-course dinner, each luscious dish will be matched with an incomparable selection from Starry Night Winery. Proceeds will benefit CIP's services for at-risk families, couples, and individuals. See the full menu and wine pairings at www.cipmarin.org.

Reserve now! Seating is very limited. \$60 per person, gratuity not included. Reservations can be made through Il Davide (901 A Street, San Rafael) at (415) 454-8080, or through CIP at cipmarin@aol.com or (415) 459-5999 extension 101.



Chef and Il Davide Proprietor David Haydon.