



# COMMUNITY NOTES

Community Institute for Psychotherapy ♦ San Rafael, California ♦ Vol. 21, Number 4

September 2012

## DIRECTOR'S MESSAGE



*Dr. Robin Joy Berenson*

CIP benefits from our dual nature: As a grassroots agency serving hundreds of Marin families, adults, and children each year, CIP is alert to changing needs in our community. As a training

institution, we incorporate the latest thinking and best practices in our field.

These attributes come together in our new school-based outreach program, *Free to Be: Mindfulness, Imagery, and Movement*. Based on the increasing evidence of the emotional and psychological benefits of mindfulness, this innovative program is designed to provide at-risk middle- and high-school students with the tools to develop healthy self-esteem and communication, decision making and social skills.

The inauguration of our *Free to Be* program is among several exciting developments at the outset of our 2012-2013 training year. We are especially pleased to welcome **Mark Edwards, MS, LMFT**, who joins our Core Staff as Assistant Clinical Director, and **Anne Khalifeh, PsyD**, Director of our Eating Disorders Program, along with other new supervisors, trainers, and intern-therapists. September is also the time when we invite new client referrals; from family therapy to psychological testing, we offer a full range of services.

As we look forward to another productive year, we are acutely aware of our role in providing vital safety net services to those in greatest need in our community. We appreciate the generous support of the many donors and sponsors who make our work possible.

## CIP WELCOMES NEW STAFF MEMBERS

In this newsletter we are pleased to introduce two outstanding clinicians to the CIP community, **Mark Edwards, MS, LMFT**, Assistant Clinical Director, and **Anne Khalifeh, PsyD**, Director of our Eating Disorders Program. We have asked them to tell a little about themselves, what drew them to CIP, and what they most look forward to in their new roles.

*(continued, page 2)*



*New Assistant Clinical Director, Mark Edwards, MS, LMFT.*

## OPENINGS FOR REFERRALS, NEW CLIENTS

Beginning this month, CIP has openings for new clients interested in short- and long-term counseling and psychotherapy, adult therapy groups, and psychological testing. Our comprehensive services for couples, individuals, and families are available on a sliding scale fee basis; Victim's Witness and Medi-Cal are accepted.

Counseling is provided by qualified intern-therapists with a diverse range of expertise and experience, including issues regarding relationships, parenting, life and career changes, self-esteem, women's and men's issues, loss and grief. We work with depression, anxiety, trauma, PTSD, dual diagnosis, addictions and in-depth work with clients with axis II disorders.

Among the services offered are individual psychotherapy for adults and children, including long-term depth work, attachment, mindfulness, CBT and DBT; couples and family therapy; crisis intervention, assessment; sandtray and art therapy.

Each year, CIP receives client referrals from a variety of sources, including public and private agencies, hospitals, schools, churches, and professionals. Many come to CIP on the recommendation of friends or family. To make an appointment, call (415) 459-5999 ext. 102.

For more information about our programs, please see page 5 or visit [www.cipmarin.org](http://www.cipmarin.org).

## PROFESSIONAL DEVELOPMENT SERIES 2012-2013

*We've assembled an exciting roster of continuing education programs for LMFTs, LCSWs and psychologists. See page 4 for the fall schedule of the Seminar for Professionals and Study Groups and Classes. Complete information online at [www.cipmarin.org](http://www.cipmarin.org).*

## STAFF UPDATE

### CIP WELCOMES NEW STAFF MEMBERS (CONT. FROM P. 1)

#### INTRODUCING MARK EDWARDS, MS, LMFT

As a practitioner and previously an intern in Marin County, I have always been aware of the Community Institute for Psychotherapy. Friends and colleagues have often commented on the professionalism and breadth of service offered by the organization. CIP has a strong reputation for clinical training, enjoyed by many of my colleagues during their own internships here. My own experience of professional development trainings over the years has been impressive. I am certainly very excited to join the clinical staff of the agency and hope to add a little something to a tremendously strong team of trainers and supervisors.

Since moving to the United States from London 20 years ago, I have had the opportunity to work in a number of agencies around the Bay Area and relish the prospect of again working with other clinicians in a collaborative environment. In recent years I have had the pleasure of teaching several graduate level classes in the Department of Counseling at Sonoma State University. I love the experience of bringing new and challenging ideas to students and interns, and helping them to “find the way” in the early years of clinical practice. I certainly feel that I gain more from the experience than I give.

Personally, I feel fortunate to be able to raise a family in such a nourishing environment as Marin County and to be able to be a small part of an agency dedicated to making it a better place. I am thrilled to be joining the Community Institute for Psychotherapy and am very much looking forward to building new relationships with members of the CIP community.

#### WELCOMING ANNE KHALIFEH, PsyD



I am a native of Marin County, and after being away for my undergraduate and graduate education, I am excited to be back in town. I was drawn to CIP both because of the opportunity to work with the therapists-in-training, and also because of the opportunity to serve the residents of my home community. This has been one of my goals for many years.

My areas of specialty are in neuropsychology and eating disorders. In addition to my private practice in

Larkspur, I am also the Clinical Director at La Ventana Eating Disorder Programs in San Jose. Prior to moving back to Marin, I was the Program Director of the Evening Intensive Outpatient Program at the Eating Disorder Center of Denver. I completed an APA-accredited pre-doctoral internship at the University of Colorado, Boulder, where I served on the psychological assessment, eating disorder, and substance abuse treatment teams.

I am currently working on a post-doctoral neuropsychology certificate at the Fielding Graduate Institute and have completed neuropsychology training rotations at Kaiser Permanente and the Harbor-UCLA Medical Center. I am a member of the Marin County Psychological Association, the California Psychological Association, and the American Psychological Association.

I am most looking forward to the opportunity to interact and engage with the interns and the community, and to provide education about eating disorders.

## CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR  
Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS  
Mark Edwards, MS, LMFT  
Cynthia Kessler, PhD  
Paula Sitelman, PsyD

DIRECTOR OF PRE-DOCTORAL AND POST-DOCTORAL PROGRAM  
Paula Sitelman, PsyD

COORDINATOR, CIP PROFESSIONAL DEVELOPMENT SERIES  
Mark Edwards, MS, LMFT

COORDINATOR, INTERN TRAINING PROGRAM  
Cynthia Kessler, PhD

COORDINATOR, TRAININGS FOR SUPERVISORS  
Paula Sitelman, PsyD

DIRECTOR OF ADULT GROUP THERAPY PROGRAM  
Walter Stone, MD

DIRECTOR OF COUPLES THERAPY PROGRAM  
Pat Shelton, PhD, LMFT  
Marianne Stefancic, LMFT

DIRECTOR OF IMAGERY, MINDFULNESS & MOVEMENT PROGRAM  
Ilene Serlin, PhD

DIRECTOR CANAL ALLIANCE SUPPORT PROGRAM  
Lori Rifkin, PhD

DIRECTOR OF EATING DISORDERS PROGRAM & EMBODY POWER PROGRAM  
Anne Khalifeh, PsyD

DIRECTOR OF SCHOOLS PROJECT  
Jean Hayes, PhD, LMFT

DIRECTOR OF SUBSTANCE ABUSE OUTREACH PROGRAMS  
Belinda Ryland, LMFT

SUPERVISION OF PSYCHOLOGICAL TESTING PROGRAM  
Barbara Nova, PhD

*(continued on page 3)*

#### CIP WISH LIST

- Comfortable chairs for therapy.
- PCs that are no more than 1-2 years old for intern-therapist office.

## CLINICAL STAFF (con't)

### Clinical Supervisors

Michael Aanavi, PhD, LAc  
Barbara Adamich, LCSW  
Sophia Amargi, LMFT  
Martin Block, PhD  
Eileen Cohune Brown, LMFT  
Heather Burns, LCSW  
Beth Cassel, LMFT  
Laura Foster Collins, LMFT  
Jane Cunningham, LMFT  
Cara deVries, LMFT  
Susan Edelstein, PhD, PsyD  
Sheva Feld, PhD  
Sue Fleckles, PhD  
Susan Pease Gadoua, LCSW  
Elena Gonzales, PhD  
Bernice Goodwin, PsyD  
Ann Gordon, PhD  
Margaret Kirschner, PsyD  
Hollie Hannan, PhD, LMFT  
Diane Harnish, PhD  
Meghan Harris, PsyD  
Amy Horn, LMFT  
David Howard, PsyD  
Kathryn Hughes, LCSW  
Shira Marin, LMFT  
Myriam Martinez, LMFT  
Robin Mayer, MA, LMFT  
Shana Millstein, PhD  
Robert Nemerovski, PsyD  
Bob O'Brien, LMFT  
Kevin Orzech, PsyD  
Diane Ray, LMFT  
Jane Reingold, LMFT  
Eric Reitz, PhD  
Jeana Reynolds, LMFT  
Jennifer Rice, PhD  
Joan Robinson, LCSW  
Frederick G. Rozendal, PhD  
Belinda Ryland, LMFT  
Janelle Salah, LMFT  
Ellen Sanford, LMFT  
Leah Seidler, LCSW  
Joshua Simmons, PsyD  
Gregory Smith, LMFT  
Joan Sommer, PhD  
Matt Spalding, PsyD, EdM  
Steve Sulmeyer, JD, PhD  
Priscilla Taylor, PhD, LMFT  
Jessica Tsukahara, RN, LMFT

### Intern-Therapists

Elyse Boyar, MA  
Alan Camardo, MA  
Nitsa Dimitrakos, MA  
Amy Dineen  
Reynold Fujikawa  
Tammie Grant  
Ian-Michael Hebert  
Alison Hoffman, MA  
Kristie Isaacson, MA  
Jacob Kaminker, PhD  
Daniela Koromzay  
JoAnne MacTaggart, MA  
Katie Mersereau, MA  
Vanessa Morrison  
Deb Nelson, MA  
Michael, Newmark, MA  
Lisa Plopa, MA  
Alley Ramon  
Duncan Riach, MA  
Cary Ann Rosko  
Johanna Svedberg Lafferty, MA  
Eva Tuschman  
Lesley Van Voorhees, MSW  
Tamsin Woodmason, MS

## PROGRAM NEWS

# FREE TO BE! OUTREACH PROGRAM TEACHES MINDFULNESS PRACTICE

Adolescence is a time of self-discovery, when youth learn valuable lessons about themselves, how to make good decisions, and how to interact with peers, family, and others. Gaining the skills needed to successfully negotiate the transition into adulthood and enjoy healthy development can be a struggle. Providing support for youth at a time when they are grappling with these issues is a proactive way to prevent the development of social and/or mental health problems.

In September 2012, CIP will begin a new school-based outreach program, *Free to Be: Mindfulness, Imagery, and Movement*, designed to introduce middle- and high-school youth to important skills that will provide lifetime benefits. Through mindfulness practice, emphasizing self-awareness and positive interpersonal skills in a small group setting, students will receive support in developing new ways of relating to thoughts and feelings, fostering empathy, and building communication skills.

The program is based on the growing body of evidence that mindfulness techniques are effective in helping children and adolescents improve focus, impulse control, self-esteem, compassion, and stress reduction. Through the combination of mindfulness techniques, imagery, and movement, youth will gain awareness of their physical and emotional selves, including the recognition of difficult feelings and how to manage them.

Meeting a long-recognized need for early intervention and problem prevention, *Free to Be* will complement our ongoing Schools Project, which provides counseling for students at risk of school failure. This first year, CIP will offer groups in several schools, including Miller Creek and Davidson middle schools, and San Rafael High School, all long-time partners in the Schools Project. Six-week groups of six to eight students will be conducted on three different topics. Participating students will be selected by school personnel as those who will derive the most benefit from the groups.

*Through mindfulness practice . . . students will receive support in developing new ways of relating to thoughts and feelings*

**Real Friends** will focus on interpersonal communication and relationship building, including cultivating compassion, tolerance, and respect for oneself and others. Discussion will include such topics as how to be a friend and how to help a friend.

**It's Not (Always) What You Think** will help participants recognize and identify feelings such as stress, anger, fear, and anxiety, and learn healthy ways to manage these difficult emotions. Emphasis will be on how to appropriately express emotional needs, how to self-soothe, and how to trust and use one's own wisdom.

**Know Your Boundaries** will demonstrate how boundaries between people, as well as between one's own thoughts and actions, can help youth negotiate safely among relationships, and avoid risky behaviors. Discussion will include how to deal with bullying and with domestic violence at home.

*Free to Be* will be led by CIP intern-therapists Eva Tuschman and Elyse Boyar, MA, under the supervision of Program Director Ilene A. Serlin, PhD. "Through bringing increased awareness to the external environment and to the internal experience of the body and the mind, youth can gain a general sense of psychological and emotional well-being," explains Eva.



## PROFESSIONAL DEVELOPMENT SERIES 2012–2013

Our great Fall programs are listed below. Please visit the Professional Development page at [www.cipmarin.org](http://www.cipmarin.org) and click on Professional Development for full program listings, including complete course descriptions, presenter bios, and registration. Or you may call (415) 459-5999x101 or email [admin@cipmarin.org](mailto:admin@cipmarin.org) to register for any seminars or classes.

We are proud to announce that CIP has recently been approved by the American Psychological Association to sponsor continuing education for psychologists.

### SEMINAR FOR PROFESSIONALS

#### What Every Therapist Needs to Know About Divorce



with Steve Sulmeyer, JD, PhD and Susan Pease Gadoua, LCSW

Saturday, November 10, 9:00 AM – 4:00 PM

Town Center Community Room, 770 Tamalpais Dr., Corte Madera, CA 94925

6 CEs approved for LMFTs and LCSWs and 6 CEs approved by the MCEPAA for psychologists

CIP Members: \$75 early registration fee before November 1; \$85 thereafter.

Non-members: \$110 early registration fee before November 1; \$120 thereafter.

### STUDY GROUPS & CLASSES

**CIP Member Rate:** \$50 early registration fee, up to 10 days prior to first class, \$60 thereafter.

**Non-member Rate:** \$75 early registration fee, up to 10 days prior to first class, \$85 thereafter.

**CEs:** 4 CEs for LMFTs & LCSWs and 4 CEs approved by the MCEPAA for psychologists

#### When Therapy Happens Outside the Office: Electronic Media in Psychodynamic Psychotherapy



with Michael Donner, PhD

Saturdays, October 6 and October 13, 9:30 - 11:30 AM

Held at CIP, 1330 Lincoln Ave, Suite 201, San Rafael, CA 94901

#### Awakening to Awe in Our Practices and Ourselves



with Kirk J. Schneider, PhD

Saturday, October 27, 10:00 AM - 3:00 PM

Held at CIP, 1330 Lincoln Ave, Suite 201, San Rafael, CA 94901

#### *Help CIP go green!*

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

- **Professional Development Update:** Monthly email newsletter for mental health professionals providing up to date information on CIP's Professional Development programs and member news.
- **CIP News & Notes:** A monthly email newsletter offering short, practical articles on issues concerning health and wellness for the general reader. Keep up to date with CIP news and events!
- **Community Notes:** Enjoy our quarterly newsletter in paperless form. Staff and professional development news, program updates, events news, and more!

### 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 online publications, and to share news of their practice, publications, or workshops with other Bay Area professionals through our "Members Update."

**Sign up before September 15** to receive a listing in our Membership Directory and enjoy a full year of member discounts on our 2012-2013 programs! Membership Fee: \$50 Membership for licensed professionals; \$30 Associate member (unlicensed).

Become a member or renew your membership today at [www.cipmarin.org](http://www.cipmarin.org).

---

# CIP PROGRAMS OPEN FOR REFERRALS

CIP offers a full range of psychological services on a sliding scale basis. We are open for appointments from 8:00 AM to 8:00 PM, Monday through Saturday. To make an appointment, contact our intake line at (415) 459-5999 x102.

Our comprehensive services include psychotherapy for adults and children, couples therapy, family therapy; crisis intervention; thorough assessments; group psychotherapy; sandtray and art therapy.

## ON-SITE PROGRAMS

- **Individual and Family Therapy:** Affordable, comprehensive services to resolve problems and restore emotional well being. Counseling promotes healthy relationships within families; maximizes children's capacity to learn; and addresses problems that compromise daily function and well being.
- **Adult Therapy Groups:** Opportunities for self-exploration and interpersonal learning to enhance communication skills and the ability to set and achieve personal goals. Address unresolved feelings, acquire better self-understanding and self-acceptance for greater satisfaction in life. Call (415) 459-5999, ext. 412 for more information.
- **Couples Therapy Program:** Support to enhance and deepen relationships, improve communication, and end repetitive conflicts. Counseling enables couples to sort out their complex experiences and focus on differentiation and self-development within the relationship.
- **Eating Disorders Therapy Program:** Comprehensive, effective treatment for individuals struggling with food issues, disordered eating, and/or body image and weight. Program uses an integrated and flexible approach to address the emotional and psychological issues that lead to disordered eating and body image.
- **Psychological Testing:** For adults to enhance the quality and effectiveness of individual therapy. Client and therapist work together to develop one or more questions, for example, pertaining to personal goals, career questions, or relationship issues.
- **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. We help parents to establish safe, nurturing homes for their children.
- **Support for Survivors of Childhood Abuse:** Healing from trauma and help to overcome intimacy issues, substance abuse, and other problems.

## OFF-SITE PROGRAMS

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

- Canal Alliance After School Youth Counseling
- Free to Be: Mindfulness, Imagery, and Movement School-based Therapy Groups
- Helen Vine Detox Project
- Marin Alliance for Psychiatric Services
- Ritter Center Program
- Senior Access Program
- The Schools Project for Disadvantaged Students at Risk

## “BITTERSWEET” ROPE CEREMONY CELEBRATES DEPARTING INTERNS

On the morning of June 30th, CIP interns and core staff gathered for the biannual ritual known as The Rope Ceremony. Executive and Clinical Director, **Robin Joy Berenson**, PhD, LMFT, shared the origins of this ritual, which dates from 1979. Interns thought back to personal goals created in September, such as to cultivate community, practice self-care, accept a state of “not knowing,” and yoke mind and heart.

Core staff member and Director of Pre-Doctoral and Post-Doctoral Program, **Paula Sitelman**, PsyD, spoke about the bittersweet time each year when the community says goodbye to departing intern-therapists who are moving on to new stages of their careers. Like children who eventually leave home, interns, she reflected, are also just “on loan” for a time. Yet what we retain through these transitions are the lasting relationships we've formed.

Core staff member, **Michael Aanavi**, PhD, said that the internship training process can feel like “being pulled through a knothole backwards,” and that we cannot help but be transformed, often in unexpected ways. Interns recalled the emotional and intellectual challenges of training, yet a feeling of being held and supported in the safety of CIP's container. They spoke of the ways in which they have internalized the guidance and wisdom of individual mentors, the great circle of supervisors who support their clinical development.

Departing interns expressed gratitude for the community in which this growth can happen. They spoke of the steep learning curve inherent to the process of becoming a clinician, and their willingness to undergo a spiritual journey of sorts as they dedicate themselves to this training and profession. Interns leaving this year will carry the spirit of CIP out into the community as they launch their practices and continue to cultivate their professional selves and serve those in need.

## 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! Because of you, CIP is here helping families, healing individuals, and strengthening our community. Thank you!

June 2011 – June 2012

### Circle of Inspiration

Nancy Bertelsen  
Delia Brinton in memory of  
Mary Jane Brinton  
Drexler Estate Fund  
Richard D. Hannan Family  
Foundation In Honor  
of Hollie Hannan, PhD,  
LMFT  
Perry D. Litchfield  
Nightingale Fund

### Circle of Friends

Supervisor Susan Adams In  
Honor of Jame Farnham  
Dr Philip Alex  
Rhunette Alums  
Kim Baker  
Lonnie Barbach  
Norine Bell in Honor of  
Maureen Machanich  
Susan Berke  
Helen Bonapart in Honor Of  
Ilene Serlin  
Robin Joy Berenson, PhD,  
LMFT  
Helen & Alan Bonapart  
David Bott  
Wolfgang Lederer & Alexdra  
Botwin  
Alan Boyar, PhD  
Barbara & Laurence Brauer  
Richard & Dorothy Breiner  
Mary Jane Burke  
Ann Buscho  
Christine Cannavo & Brian  
Poirier  
Susan Chandler  
Tina Chase  
William & Diane Clarke  
Jerry Current  
Sharon Cushman  
Lorn Dreitzler  
Thomas Dreyer  
Renee Earle  
David & Carol Fairchild  
Marsha Fine  
Laura Foley in honor of Susan  
Kirsch  
Roger & Janet Freeburg  
in memory of Alice Riaboff  
Roger & Janet Freeburg  
in memory of Tom Shulster  
Barbara Gelleri  
Joseph Greenberg

### Circle of Friends

Donald & Thelma Gregory  
Sabrina Guthrie  
Wolfgang Hagel  
Leslie Hanna  
Hollie Hannan, PhD, LMFT  
Ruth Heller  
Janice Hitchcock  
Gretchen Hoskins  
IBM  
Bruce Immerman  
Jinendra Jain  
Joe Kendrick  
David P. Snyder & Saundra L.  
Kiriluk  
Susan Kirsch  
Kiwanis Club of Novato  
Wendy Labov-Dunne, LMFT  
Susan Lachtman,  
LICA  
Catherine Liddell  
Life Support M Inc  
Richard Lipfield  
Paula J. Machado  
Maureen Machanich  
Connie Mancebo  
Susan MacKenzie  
Marin Office Supply &  
Furniture Center  
Marin Professional Women's  
Network  
James McGeehan  
Jane McGrath  
Pamela Meyer  
Gilda Meyers, LMFT  
Dan Millman  
Douglas Z. Monti  
Construction in honor of  
Lorn Dreitzler  
John Morre  
Scott Muldavin  
Catherine Munson  
Jack Obedzinski, MD  
Charles & Becky Oken  
Jerry & Becky Oken  
Paul Parker  
Eda & Joseph Pell  
Claudia Perez  
Perforce Foundation  
Margaret Perlstein, LMFT  
James Phoenix  
John Pogue  
Suyash Prasad & Tamsin  
Woodmason  
William & Susan Pryor

### Circle of Friends

Raymond Quan  
David & Mary Rabb  
Colleen R. Ralphs  
Sandra Madison Reinhardt  
Joyce C. Rhodes  
Duncan Riach, for shredder  
donation  
Eloise Rivera  
Jan Rostov  
Hadden Roth  
Anita & Paul Sawyer  
Tom Sawyer  
Schneider Foundation  
Stephen Schoen, MD  
Susan Severin  
John & Elinor Severinghaus  
Diane Sickmen  
Paul Simmons  
Willa Speck  
Stair Pedersen & Williams  
Marianne Stefancic., LMFT  
Molly Merrill Sterling, MFT  
Eric Sternberger  
Jeanie Tengelsen  
Jessica Tsukahara, LMFT  
Unitarian Universalist  
Congregation  
Lesley Van Voorhees  
Melissa Vincent  
Joan Warren  
David Williams  
Ruth Jaeger & Steve Wolf

### Business Partnerships

Coldwell Banker, IrajZolnasr  
Collins & Company  
First Republic Bank  
Hennessy Funds  
Minto & Wilkie Insurance

### Grants

Allensby Charitable Trust  
Silvio H. Cheda Charity Trust  
Donald O. & Ronald R  
Collins Fund  
Freitas Foundation  
Further Foundation  
Lucasfilm Foundation  
Marin Charitable  
Nightingale Fund  
San Rafael Elks Lodge #1108  
Margo Fraser Fund  
Sutter Instrument Company  
Unity in Marin

## CIP IS . . .

From time to time we ask those who know CIP to complete the phrase, "CIP is . . ." Here is what some have shared.

"CIP IS...a life saver, I don't know what I would do without it. It has made me a stronger, healthier, and overall better person. I am so grateful for CIP. Thank you! :)"

"Good folks helping those of us suffering through hard times. Helping to find answers for our difficult problems. They are friendly & kind."

"CIP has helped me to grow, heal, and is helping me to live and love better and work on becoming a happier, healthier, me."

"Giving my wife & me the best environment possible to make our marriage more intimate & real."

"CIP is an extraordinary opportunity to deepen my growth as a person and clinician particularly through the combination of psychoanalytically based supervision in combination with individual treatment as a patient in psychoanalysis. Here, personal and clinical work together."

### CIP BOARD OF DIRECTORS

#### President

Perry D. Litchfield, Esq.  
Resolution Remedies

#### Treasurer, President Emeritus

Lorn Dreitzler  
Dreitzler & Associates

#### Secretary

Willa Speck  
Asst. Vice President, Asst. Branch  
Manager, Bank of Marin

Sabrina Guthrie  
Fundraising, Marketing & Special  
Event Planning

Leslie Hanna  
Communications Consultant

Joe Tinervin  
Executive Director, Bayside Marin

Melissa Vincent  
Vice President, California Bank & Trust



*Correction! In our June issue of Community Notes, we left out the name of a CIP Human Race Team Member. Our apologies to Lisa Plopa!*

*Back Row: Cynthia Kessler, PhD; Paula Sitelman, PsyD; Reynold Fujikawa; Alan Camardo; Lisa Plopa; Melanie Gilpin; Robin Joy Berenson, PhD, LMFT; Katie Mesereau; Narada Michael Walden. Front Row: Jacob Kaminker, Christine Cannavo, Kristie Issacson, Craig Issacson. (Photo by Brian Poirier)*



# LOVING SPOONFULS

## Marin's Soup and Dessert Challenge

### DOUBLE YOUR IMPACT

Resolution Remedies President and CEO Perry Litchfield understands the value of working out differences before they escalate, and in 2010 he took the helm of Resolution Remedies, which is dedicated to finding alternatives to expensive litigation and court battles.

Well known for his philanthropic endeavors, Litchfield serves as President of the CIP Board of Directors. Like Resolution Remedies, CIP values working out differences before they escalate. Instead of the courtroom, CIP's work takes place in therapy offices, schools, and social service agencies. A unifying principle of both agencies is to keep services affordable.



"I want to make more business people aware of CIP, the great work CIP is doing, and the opportunity for others to help keep low-cost therapy available to struggling single parents, the unemployed and depressed, or the kids who are having trouble in school," says Litchfield. "That's why I've issued this Challenge Grant for others to demonstrate they, too, care about mental health and want to double their impact. I hope everyone will take me up on this Challenge!"

Dr. Robin Berenson, CIP's Executive Director, says, "I'm deeply touched by Perry's generosity and inspiring leadership. CIP is eager to expand the community of support for low-cost mental health services."

### LOVING SPOONFULS: SPONSOR UPDATE

Once again, First Federal Savings & Loan has demonstrated their generosity and commitment to caring. They've stepped up as a **Loving Spoonfuls** sponsor at the Line Cook level of last year to the Station Chef level of \$2,500. Their increased gift qualifies for the Loving Spoonfuls Challenge issued by Perry Litchfield, making CIP eligible for an additional \$1,500.

"First Federal Savings and Loan has been a long-time supporter of CIP's mission to provide affordable mental health services for the people who can't afford standard rates. We appreciate their commitment to keeping the community emotionally healthy and resilient," says **Melissa Vincent**, Chair of the Sponsor Committee, and Assistant VP at California Bank & Trust. She continues, "We hope others will follow First Federal's example and generously support the 2013 event."

### DOUBLE YOUR IMPACT — \$10,000 RESOLUTION REMEDIES CHALLENGE GRANT

- Sign up to sponsor Loving Spoonfuls at the \$1,000 level or higher and your contribution will be matched dollar-for-dollar, up to \$10,000.
- Sponsors will receive extensive media exposure, listing on mailers, on the website, in Facebook posts, plus tickets to the event, signage and thank yous at the event.
- Event publicized in *Community Notes* newsletter sent to more than 5,000 homes and professional offices, email invitations, and 5,000 color postcards distributed county-wide.
- For more information, call Christine Cannavo at 415-459-5999 x 101 or email her at [admin@cipmarin.org](mailto:admin@cipmarin.org)

### *Thanks to Our Loving Spoonfuls Sponsors*

#### CHEF DE CUISINE

Resolution Remedies

#### STATION CHEFS

Brayton Purcell, LLP  
First Federal Savings & Loan  
Pacific Union International

#### LINE COOKS

Bank of Marin  
Toni Shroyer, Frank Howard  
Allen Real Estate  
Wilson, Markle, Stuckey,  
Hardesty & Bott  
Wordsworth



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](http://www.cipmarin.org)

## LOVING SPOONFULS Marin's Soup and Dessert Challenge

### Save the Date!

Savor and Sample,  
then Cast Your Vote!

Saturday, January 26

12:00 to 3:00 PM

Mill Valley Community Center  
180 Camino Alto, Mill Valley

Tickets \$25 in advance  
\$30 at the door  
Kids under 12 are free

Learn more and purchase  
tickets at [www.cipmarin.org](http://www.cipmarin.org)

#### CONFIRMED PARTICIPANTS FOR 2013

A Piece of Cake & Confections  
Brayton Purcell, LLP  
Bayside Marin  
CooperCakes  
Foghorn  
Frantoio  
Gira Polli  
The Hummingbird Cafe  
Left Bank  
La Garage Bistro  
Marin Joe's  
Plate Shop  
Saylor's Restaurant & Bar  
Tavern at Lark Creek  
Vin Antico



*CIP intern-therapists Melanie Gilpin, MA, & Elyse Boyar, MA, greet attendees at the 2012 Loving Spoonfuls event.*