



# COMMUNITY NOTES

Community Institute for Psychotherapy ♦ San Rafael, California ♦ Vol. 28, Number 2

March 2019

## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Over the last 40 years, with the support and participation of the community, CIP has established our key role in Marin's continuum of care. Our sliding

scale and pro bono services hold a vital safety-net for disadvantaged individuals and families. Our compassionate, well-qualified intern-therapists provide thousands of hours of services to hundreds of clients each year.

We are pleased to highlight the accomplishments of our latest fiscal year. You can learn more about our outreach programs and the people we serve. We also want to share some insights from our dedicated clinical staff.

Our work would not be possible without the more than 100 licensed professionals who donate their time and expertise as trainers and supervisors. Many have volunteered in this capacity for 10, 15 years and more. We have asked our supervisors to tell us what motivates them to work with intern-therapists week after week throughout the training year. Several responded right away, writing about the value of giving back, the importance of mentoring the next generation, and rewarding relationships with the interns they supervise. We include some of these in this newsletter.

In addition to looking back at 2018, we look forward to our *Raising Healthy Families* Community Education Series this month. Register today on our website [www.cipmarin.org](http://www.cipmarin.org). We look forward to seeing you.

## A BUSY YEAR: LOOKING BACK ON 2018

Mental health continues to be a major issue in our community, as it is throughout California and the nation. At CIP we are seeing increasing demand for services for more severe cases. Here is a review of agency activities for the year ending December 31, 2018.

CIP delivered over 7,880 hours of mental health services to more than 750 families, children and adults, 77% whom had monthly household incomes under \$2,100. More than 46% of clients received income-based (sliding scale and Medi-Cal) services; 49% of clients received services pro bono.

By age, children 5-18 years of age accounted for 31% of client hours, reflecting our work in Marin public schools. Clients ages 19 to 25 years of age represented 9%, those 56 years and older accounted for 14%. Nearly half of all clients, 46%, were between the ages of 26 and 55 years.

Of the total 7,880 client service hours, 4,700 hours were delivered through the following onsite programs: **Individual and Family Therapy, Adult Therapy Groups, Couples Emotionally Focused Therapy Program, Dream Dynamics, Psychological Testing, and Support for Separated and Divorcing Families.**

In our **Schools Project for Disadvantaged Students at Risk**, eight intern-therapists provided more than 2,100 hours of individual and group counseling, serving over 100 students in the San Rafael and Dixie school districts. Participating schools included: Davidson and Miller Creek middle schools, San Rafael and Terra Linda high schools, Short Elementary School, and Special Education Dixie School District.

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## 2019 RAISING HEALTHY FAMILIES COMMUNITY EDUCATION SERIES

Join us for this informative series as we examine important issues facing today's families. Admission is free, but advance registration is requested. Visit [www.cipmarin.org](http://www.cipmarin.org) or call (415) 459-5999, ext #101. Suggested donations, on a sliding scale: \$75, \$50, \$25. All *Raising Healthy Families* event proceeds go directly to support CIP's safety-net programs.

SATURDAY, MARCH 2, 2019

**Teen Cannabis and Alcohol Use: What Parents Can Do**

*Presented by Adam Nelson, MD*

When: 9:00 am–11:00 am

Marin County Office of Education

1111 Las Gallinas Avenue

San Rafael CA



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# “WHY I AM A CIP SUPERVISOR”

CIP was founded in 1977 with a dual mission: to provide a rigorous training program to fully prepare psychotherapy interns and to provide quality low-fee mental health services to individuals and families who otherwise could not afford needed service.

Over the years, CIP has grown surely, steadily, expanding our training program from one year to four, and increasing the numbers of therapists-in-training, supervisors and trainers who make up our clinical staff. In turn, the number of families, children and adults we serve each year has also grown exponentially.

What has not changed is the agency’s unique reliance on professional volunteers to provide the excellent training and supervision for which CIP has come to be known. Today, CIP enlists more than 100 professionals whose in-kind donation to the agency totals well over \$400,000. This allows CIP to provide the best possible clinical and training services very cost effectively.

Recently we sent out a request to CIP supervisors to tell us why they supervise at CIP. Here are some of their replies.

*I feel honored to be able to contribute to my clinical community by supervising interns at CIP. When I was an intern, my outside supervisors taught me so much and enabled me to process my clinical experiences safely. I wanted to provide this opportunity to others so I volunteered as soon as I was able.*

—Deborah Kamins, PhD

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*“Why? Let me count the reasons! . . .  
But most of all, it’s fun!”*

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*I supervise at CIP because it is an excellent training program for new therapists, while serving the diversity of the community. It offers me an opportunity to interact with colleagues, as well as new and challenging learning experiences. I believe it is important to mentor training therapists, and for them to have a wide variety of experiences with supervisors. I remain astonished in how much I learn from my interns and value that relationship.*

—Melinda Ann Marmer, PhD, LMFT

*I supervise the Pre-Doc Psychology interns at CIP in the Psychological Testing Program as a way of giving back and shaping new, budding psychologists for the future. Psychologists who are well-versed in psychological and neuropsychological testing are very much in demand and needed in our current world, especially in the areas of the aging brain, forensic psychology, substance abuse evaluation and treatment, education, and mental health/psychiatric treatment for complex diagnostic problems. Assessment psychologists provide a valuable service to the community and to practitioners, and I feel privileged to be a part of the learning process for future psychologists.*

—Barbara E. Nova, PhD

*Why? Let me count the reasons! It is such a privilege to pass on what one has struggled to learn in all of these years, especially at this point in life. It keeps me on my toes to hold some responsibility for my intern’s future. I love the collegiality of the trainings.....not to mention the CEU’s. But most of all, it’s fun!*

— Diane Ray, LMFT

## CLINICAL STAFF

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TESTING PROGRAM  
Barbara Nova, PhD

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SEPARATED AND DIVORCING FAMILIES  
Rickie Conrad, PhD  
Nancy Olesen, PhD

## Clinical Supervisors

Sarah Alexander, LMFT  
Martin Block, PhD  
Elyse Boyar, LMFT  
Mary Bryan, LMFT  
Laurie Buntain, LMFT  
Ralph Daniel, PhD  
Jacqueline De Lon, LMFT  
Lisa Dobias, LMFT  
Mark Edwards, MS, LMFT  
Jennifer Fickling-Loyer, MA, LMFT  
Joy Fillman, PhD  
Alane Freund, LMFT

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## CLINICAL STAFF

### Clinical Supervisors (cont.)

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Ann Gordon, PhD  
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Katharina Sandizell, MA, LMFT  
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Steve Sultmeyer, JD, PhD  
Laura Tabak, PsyD  
Maysie Tift, LMFT  
Lesley Van Voorhees, LCSW  
Karen Weinberger, LCSW  
Amy Wilner, PsyD

### Intern Therapists

#### Practicum Students

Yoika Danielly  
Eric Hanley, MA  
Samuel Hinds, MA

#### MFT Trainees

Nalini Calamur, MA  
Lorena Cervantes, MA  
Simon Hara  
Paul Taruskin

#### Registered AMFTs

Louise Franklin, MA  
Casey Hinehine, MS  
Robert Jackson, MA  
Renee Jeffrey, MA  
Cindy Jepsen, MS  
Charlie Mandell, MS  
Maria Narayan, JD, MA  
Darshana Weill, MS

#### Pre-Doctoral Students

Inka-Khristiina Hanhivaara,  
MSc, MA  
Kelsey Hippen, MA  
Paul Kiritsis, MA  
John O'Brien, MA

#### Post Doctoral

Lena Grintsais, PsyD

## PROFESSIONAL DEVELOPMENT SERIES 2018-2019

### SEMINAR FOR PROFESSIONALS

6 CEs for LMFTs & LCSWs and 6 CEs for Psychologists

CIP Member Rate: \$75 early registration, up to 10 days prior to seminar, \$85 after

Non-member Rate: \$110 early registration, up to 10 days prior to seminar, \$120 after

Seminar held at Embassy Suites, 101 McInnis Pkwy, San Rafael



#### NEURO-DEVELOPMENTAL ART THERAPY: TREATING COMPLEX TRAUMA

Presented by Linda Chapman, MA, ATR-BC,

Saturday, April 6, 2019

9:00 am – 4:00 pm

### CLASSES

4 CEs for LMFT & LCSWs and 4 CEs for Psychologists

CIP Member Rate: \$50 early registration, up to 10 days prior to class, \$60 after

Non-member Rate: \$75 early registration, up to 10 days prior to class, \$85 after

Unless otherwise noted, all classes held at CIP, 1330 Lincoln Avenue, San Rafael



#### WHAT'S YOUR GENDER? GENDER AFFIRMATIVE MODEL FOR WORKING WITH TRANSGENDER AND GENDER EXPANSIVE CHILDREN AND YOUTH

Presented by Diane Ehrenschaft, PhD

Saturday, March 23, 2019

10:00 am – 2:00 pm



#### THE EMOTIONAL TRUTH OF THE MOMENT: THE POWER OF EXISTENTIAL-ANALYTIC PSYCHOTHERAPY

Presented by Stephen H. Sultmeyer, JD, PhD

Saturday, May 11, 2019

9:00 am – 1:00 pm

*Community Institute for Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. Community Institute for Psychotherapy maintains responsibility for these programs and their contents.*

*Cancellations must be received in writing 10 business days prior to the seminar or class for a refund minus a \$25 cancellation fee.*

**For more information, visit [cipmarin.org](http://cipmarin.org).**

*("Why I am a CIP Supervisor," continued from page 2)*

*Supervision at CIP has given me an opportunity to give to the Marin general community, specifically those in need of affordable therapy, as well as the development of professional skills for the interns I've supervised. This is a wonderful way to leverage my many years of clinical experience for the benefit of others.*

—Ralph Daniel, PhD

*This is my second year as a supervisor at CIP. I originally chose to do this work because I wanted to give back to a therapeutic community. I soon discovered the work to be very stimulating and the relationship with my intern to be very satisfying. CIP gets difficult cases, which makes the supervision very important to the intern and very rich for the supervisor. A supervisor relationship is very different from a client relationship and I have easily learned as much from my intern as she has learned from me. I have also enjoyed the CEU trainings offered to supervisors, and expanding my community of colleagues.*

—Laurie Javier, LMFT

# WHO WE SERVE:

In the year ending December 31, 2018, CIP onsite and offsite programs delivered 7,880 direct client hours to more than 750 individuals, couples, and families.

## Identified Gender

Female	54%
Male	46%

## Work Status

Student	31%
Unemployed	26%
Employed FT	23%
Employed PT	16%
Not in Job Market	4%

## Relationship Status

Never Married	64%
Divorced	16%
Now Married	11%
Separated/Widowed	5%
Domestic Partner	4%

## Ethnicity

Caucasian	55%
Hispanic/Latino	23%
Multi-Racial	11%
African America	4%
Asian	4%
Native American	2%
Middle Eastern	1%

## Age

5-18 years	31%
19-25 Years	9%
26-55 years	46%
56 + years	14%

## Residence

Central Marin	64%
North Marin	17%
South Marin	10%
Sonoma, SF, East Bay	5%
West Marin	4%

## Income Level Monthly

0 - \$1,199	60%
\$1,200 - \$2,099	16%
\$2,100 - \$3,599	14%
\$3,600 - \$4,200	10%

## Referral Source

Other Agency	33%
Schools Project	25%
Other Person	18%
Other Therapist	6%
Internet	3%
None Given	15%

*(A Busy Year, continued from page 1)*

Our intern-therapists facilitated 16 **Wisdom Warriors Groups**, each a six-week session of discussion and skill building in resiliency, emotional regulation, and interpersonal relationships for middle-school students. More than 128 students took part in the program, which offered 96 hours of direct group work, and over 200 hours of individual meetings, coordination, and parent contact.

Our outreach programs made weekly pro bono counseling available for clients of the **Downtown Streets Team** (384 hours), **Helen Vine Detox Project** (384 hours), and **Senior Access** (96 hours) Services were provided onsite at these facilities to assure greatest access to needed care.

Our **Professional Development Program Series** drew more than 275 Bay Area mental health professionals, along with CIP staff and intern-therapists, to presentations that included three daylong seminars, four half-day classes, and three multi-session study groups on a wide range of topics for which they received continuing education units. CIP is proud to offer these presentations by top clinicians in the field.



*CIP Supervisor Mark Edwards, LMFT, left, with intern-therapists.*

In our **Internship Training Program** 22 intern therapists — trainees, practicum, associates, pre-docs and post docs — received specialized training in three distinct training tracks, amounting to more than 360 hours. Individual and group supervision exceeded 2,500 hours.



# *A Heartfelt Thank You to Our Donors*

January 2018 – 2019

*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!*

## *Individual Donors*

### **Circle of Inspiration**

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

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## **Support CIP!**

*AmazonSmile is a simple and automatic way for you to support CIP every time you shop, at no cost to you.*

*When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to support our work in the community.*

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**WHO WE ARE**

*Community Institute for Psychotherapy (CIP) is a nonprofit, tax exempt center founded in 1977 to provide high-quality, low-cost counseling and psychological services to individuals and families who don't have the resources to pay full fees for professional help. CIP offers a full range of services designed to meet a variety of needs.*

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

*Our work is accomplished in cooperation and coordination with a wide variety of public and private agencies and individuals throughout Marin County.*

Visit us at [www.cipmarin.org](http://www.cipmarin.org)

*Raising Healthy Families, continued from page 1*



Co-hosted by Community  
 Institute for Psychotherapy &  
 Marin County Office of Education

**Teen Cannabis and Alcohol Use, *continued***

Today's widespread under-age use of alcohol and cannabis puts Marin adolescents at greater risk for emotional, physical, and cognitive harm than ever before, including risk for suicide and mental illness. Moreover, it is likely the recent legalization of recreational cannabis will only increase its use and availability for teens.

*Dr. Nelson currently maintains a general office practice in psychiatry, seeing individuals, couples, and families.*



**TUESDAY, MARCH 12, 2019**  
**Raising Boys to be Heroes in an Age of Villains**

*Presented by Mark Edwards, LMFT*  
 When: 6:00 pm–8:00 pm  
 San Rafael Community Center,  
 618 B Street, San Rafael, CA

This seminar will offer an overview of the unique development of boys through childhood and adolescence with a specific focus on the development of emotional competence, the ability to recognize, understand, express and manage one's own emotions, and to respond appropriately to the emotions of others.

*Mark Edwards, LMFT is a psychotherapist, trainer, teacher and consultant.*

**THURSDAY, MARCH 28, 2019**

**Embodied Resilience: Mindfulness for Challenging Times**

*Presented by Shai Lavie, LMFT*  
 When: 6:00 pm–8:00 pm  
 San Rafael Community Center  
 618 B Street, San Rafael, CA



Adolescence is an emotionally challenging period for kids and parents alike. Embodied resilience, that is, being aware of one's own and others' internal / non-verbal body signals strengthens our ability to access internal resources.

*Shai Lavie, MA, LMFT, works with adults, adolescents, and families in private practice in San Anselmo.*